

Transition Care

PO Box 859,
Cairns,
Queensland. 4870

Ph: 4226 5035

Gordonvale Hospital

1 - 11 Highleigh Road
Gordonvale QLD 4865

Telephone: (07) 4043 3100

Queensland Health

Transition Care Team
Case Manager: _____

Physiotherapist: _____

Occupational therapist: _____

Therapy assistant: _____

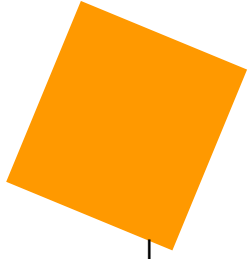
Nurse: _____

Personal Care worker: _____

Dietician: _____

Social worker: _____

Speech Therapist: _____



Residential
Transition Care

Patient Information

**INFORMATION FOR
TRANSITION CARE REHABILITATION
GORDONVALE HOSPITAL**

What services are provided at Gordonvale Hospital for Transition care clients?

- Clients will have 24 hour care by the hospital staff
- Transition Care staff work Monday to Friday 8am-4.30pm and will organise a rehab program with you at Gordonvale during these hours.
- A Case Manager provides one point of contact for you and your family, working with you to assist in meeting your goals and organises support at the conclusion of your program.
- Therapy sessions with the Physiotherapist or Therapy Assistant to help you achieve improvements in mobility, strength and endurance.
- Occupational Therapist to work with you to achieve independence and overcome challenges with activities of daily living. The OT may also suggest changes to your home environment to make it safe for your return.
- A Social Worker who can provide practical assistance with Enduring Powers of Attorney, Will, Advanced Health Directives, Centrelink paper work and support counselling in relation to grief and loss, depression, anxiety, family and relationship problems.
- Dietary advice to help you regain or lose weight, dealing with changes to your appetite, or special meal requirements.
- A Speech Pathologist will assist you with maintaining or improving speech, voice, language, or swallowing ability.



Keep steadily before you the fact that all true success depends at last upon yourself.

Theodore T. Hunger

- A TCP nurse will visit you in Gordonvale and attend to your health care needs when you return to your place of residence. Gordonvale staff will assist you during your stay with them.

Visiting Hours

We encourage visitors to visit during visiting hours to allow rest and adequate care. Please be sensitive to the needs of our patients whilst visiting the unit. If you are going out for an appointment or home visits please inform staff the day before to ensure correct dispensing of medications and meals can be cancelled or catered for.

Morning 10.00am - 1.00pm
Evening 3:00pm - 8.00pm

Parking

Gordonvale Hospital has free parking on the street outside the front entrance.



Identification

To help keep you safe while in hospital you will be required to wear an identification band showing your name, date of birth and your medical record number. This identification band is used by all staff to ensure we have the correct patient and provide the correct treatment. You will be asked multiple times during your stay your name, date of birth and if you have any allergies. This will take place prior to medicine administration, blood taking or any other invasive procedure.

Confidentiality and Privacy

To ensure confidentiality, specific medical information about a patient is not given to people who make enquiries over the phone. All Queensland Health staff are bound by a strict legal duty of confidentiality. It is an offence for our staff to give information about a patient to anyone except under limited circumstances set out in legislation. We maintain strict security policies and practices with respect to who has access to patient information.

Telephones

- The bedside telephone takes incoming calls only it will not allow you to ring out.
- You are able to use mobile phones, tablets and laptops but the use of extension cords is not allowed for WPH&S reasons. Space around the bedside is limited.
- Please feel free to use headphones in consideration of your fellow patients.

Medications and Doctor

The hospital will send all medical scripts to Gordonvale Hospital where your family or TCP staff need to assist you in obtaining your medication from your own Pharmacy. These medications will be locked in your bed side table and dispensed by Gordonvale nursing staff. A doctor will visit and attend to your medical needs during your stay at Gordonvale.

Equipment needs:

While a client is at Gordonvale Hospital all equipment will be supplied (eg over toilet frame, shower chair, utility chair etc) Once the client leaves Gordonvale for home they will have new hire equipment arranged for home delivery.

Religious/Pastoral Care

The hospital is a non- denominational. Ministers of any denomination are at liberty to visit to provide spiritual support, help or guidance during your stay. Authorised pastoral care associates and church volunteers visit regularly. A minister of your church will be asked to visit you only if you so request.

Bathroom Facilities

For infection control reasons

Relatives are not permitted to use the patients bathroom at any time, there are public toilets in the entrance foyer. Please use Cutan foam in red bottle before entering the unit and again when leaving.



Outdoor garden



Therapy kitchen and
exercise area



Meals

- The hospital will provide you with a choice of meals. Special diets for cultural or religious reasons will be accommodated as able.
- The hospital will also accommodate modified diets for medical reasons. The dietitian/ speech pathologist will help recommend suitable foods or drinks if required.
- Family and friends may bring in your favorite food. There is a patient fridge in the unit. A microwave is available for family to reheat this food. Nursing staff are unable to assist due to Food Safety legislation.
- All food and drink placed in fridge must be clearly marked and dated.

Cafeteria

- There is no cafeteria at Gordonvale Hospital.
- Gordonvale Hospital is a five minute walk from the town centre and there are cafes, a newsagency and a supermarket.

Alcohol

- Alcohol may be consumed by clients once permission has been obtained from the resident Doctor and Unit manager to ensure this does not adversely react with medications or medical conditions. Alcohol cannot be kept at your bedside.

Smoking

- In the interest of other residents and in keeping with Department of Health Regulations, smoking will NOT be permitted anywhere within the buildings or grounds. This is Queensland Government law.
- If you are a smoker, you will be assessed and offered nicotine replacement therapy (nicotine patches or gum) to help you quit/reduce smoking during your hospital stay.
- The patches and gum will help reduce any withdrawal symptoms such as cravings, irritability and anxiety.

Personal belongings

Patients should bring;

- Pyjamas, Dressing gown/ track suit
- Clothing suitable for exercising and day wear.
- Non slip footwear/slippers/ walking shoes
- Toiletries, tissues
- Medicare, Pension, and health care Cards
- Medications to be handed to nursing staff
- Identifiable container for dentures, glasses or hearing aids.

You will be able to keep smaller personal items in a bedside locker. Please mark all clothing and personal items. The client's family will be responsible for laundering client's clothes. Clients can do Laundry at Gordonvale as part of Occupational Therapy sessions.

While staff takes every care, the Hospital will take no responsibility for any loss or damage to items belonging to patients or their visitors.

Valuables

- Please do not bring large amounts of money as there is no place to store it.
- While our staff takes every care, the Cairns and Hinterland Hospital and Health Service take no responsibility for any loss or damage to items belonging to patients, families or visitors.

Rooms/Bed

Rooms are single and shared and are allocated on assessed clinical need by the nursing team leader. Your bed allocation may change during your stay.