

Facilities at Greenwich Hospital

- Specialised rehabilitation treatment area
- Pleasant grounds and gardens to enjoy
- Orthoptist visits weekly
- Podiatry is available on referral
- Hairdresser visits weekly
- Transport for appointments at RNSH
- Laundry service
- Dining room available for visitors to purchase snacks and meals
- Television hire
- Facilities for patients to receive inward calls

Please ask the Ward Clerk or nursing staff about any of these facilities and associated costs.

Other Rehabilitation Services

- Day Hospital
- Home Based Rehabilitation
- Hydrotherapy pool

Please ask for a brochure on these services.



For further information on any of our Rehabilitation services, please telephone Greenwich Hospital on 9903 8333.



Any problems?

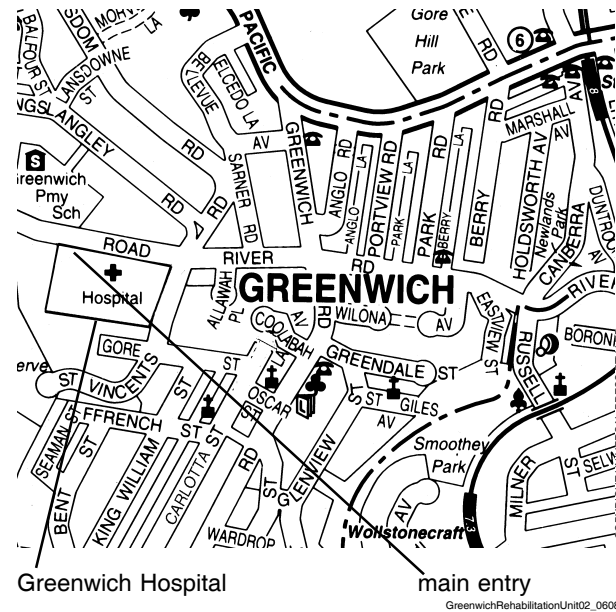
We welcome your comments and suggestions as a means of maintaining and improving the care we provide. Please discuss any concerns with the Doctor or Nursing Unit Manager. More general concerns can be directed to the Director of Rehabilitation or the General Manager.

Public transport

The Hospital is a short taxi ride from St Leonards railway station. Sydney Buses routes 261 and 264 from Queen Victoria Building (York Street) via North Sydney station and Crows Nest to Lane Cove pass the Hospital. Timetables are available from Ground Floor Reception, or telephone Sydney Buses Infoline on 131 500.

Parking

Parking is available within the grounds. Visitors should enter and leave the grounds via the traffic lights in River Road (see map).



GREENWICH HOSPITAL

Greenwich Hospital is a public hospital and community service, and is part of Hope Healthcare.

Greenwich Hospital participates with the Northern Sydney Central Coast Area Health Service in the provision of specialist care in palliative, rehabilitation and mental health aged care services.

The patient and family are the focus of care, which caters for physical, psychosocial and spiritual needs. Meeting individual needs with dignity is a feature of care at Greenwich

Greenwich Hospital is fully accredited by the Australian Council on Healthcare Standards.

Donations

While the NSW Department of Health funds the Hospital for its operating expenses, it relies heavily on bequests and donations for capital expenditure and special items of equipment.

Donations of \$2 or over are tax deductible. Should you want to donate towards specific Rehabilitation Unit equipment needs, we suggest you discuss this with the Nursing Unit Manager who can advise on current needs. Cheques can be made payable to Rehabilitation Unit Equipment Fund, Greenwich Hospital.



**HOPE
HEALTHCARE**

97-115 River Road Greenwich 2065
 Telephone switch (02) 9903 8333
 Rehabilitation Unit (02) 9903 8261
 Rehabilitation patients (02) 9903 8266
 Rehabilitation Fax (02) 9903 8332
www.hopehealthcare.com.au

Specialised public health and
community services

Greenwich Rehabilitation Unit

Patient Information Guide



Greenwich Hospital, serving the
community since 1966



**HOPE
HEALTHCARE**

Rehabilitation at Greenwich Hospital

Rehabilitation enables you to live as full and independent a lifestyle as possible within your environment. Rehabilitation may be required if a significant event has caused your daily function to deteriorate.

You and your family are key members of the rehabilitation team, and we work together to realise your goals.

Prior to admission to the Rehabilitation Unit, a rehabilitation/aged care consultation is required to determine your suitability to participate in a rehabilitation programme.

Our treatment team

Our health professionals work together and contribute individually to your rehabilitation

through the application of specialist skills and knowledge. Weekly meetings are held to discuss your goals and progress.



Medical/Nursing

We provide 24-hour monitoring of medical conditions. Physicians specialising in rehabilitation and aged care work as part of the team.

Rehabilitation nurses aim to enable you to reach your optimal level of functioning by providing care, support, encouragement and direction. Nurses will allow you time to attempt and complete tasks before assisting with needs.

Occupational Therapy

Occupational Therapists can assist you to become as independent as possible in everyday activities. These include: self-care tasks (showering, dressing and grooming), productivity (eg. cooking and household tasks), and leisure. Speak with your Occupational Therapist about conducting a home visit prior to discharge to assess and optimise your safety and independence. If required, equipment and modifications to your home can be organised by your Occupational Therapist.



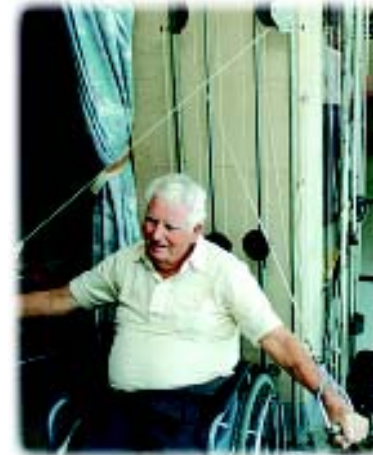
Physiotherapy

The role of the physiotherapist is to restore normal movement and function following illness or injury. After a thorough assessment, your goals are discussed and a programme specific to your needs is formulated. Your programme may involve various exercises to improve strength, flexibility and balance, as well as practising functional mobility tasks such as moving in bed, transferring from bed or chair and walking.

Hydrotherapy may also be part of your programme. Therapy is offered Monday to Friday. You are encouraged to actively participate in your programme, and to practise tasks and exercises outside therapy times to maximise your recovery.

Social Work

A Social Worker is available to provide counselling and practical assistance to you and your family. Social Workers are experienced in talking through any issues or problems you may have. They can assist you to plan any practical changes (finances, accommodation, etc.) and provide information about community services and resources to assist you in your home.



Speech Pathology

The Speech Pathologist assesses and manages your communication and/or swallowing problems. Therapy is provided for you and your carers to help maximise your speech and language recovery. If appropriate, guidance is given regarding techniques for chewing and swallowing. Food and fluid textures may need to be changed to ensure safe swallowing at each level of recovery.

Dietetics

A Dietitian is available to assess and manage your nutritional needs. Nutrition support and counselling is provided to assist you to meet your nutritional requirements and maximise the outcome of your rehabilitation. On discharge, information appropriate for your lifestyle and home environment is provided to assist in maintaining optimum nutrition and quality of life.

Diversional Therapy

Leisure activities, either for groups or individuals, are provided by a Diversional Therapist.

Chaplaincy and Pastoral Care

The Hospital's Chaplain is available to meet with patients, their families and friends. A visitor from the Catholic Church calls regularly. A patient's own Priest, Minister or Rabbi is welcome to visit. Patients and relatives are welcome to attend the church service that is held in the Chapel every Sunday, or the Catholic Mass that is held on the second Saturday of each month.

Volunteer Services

Volunteers provide support, including talking with patients and relatives, arranging flowers, and providing manicures. Sometimes volunteers can assist with transport. Volunteers can be contacted through the Unit staff.

Pharmacy

Inpatient medications are supplied by the Hospital Pharmacy. It is useful to bring a list of current medications with you on admission. The Pharmacist will review and explain medications. A self-medication programme is available to assist you to become familiar with your medications before discharge. Discharge medications and a medication chart are supplied to last until your General Practitioner takes over care.

