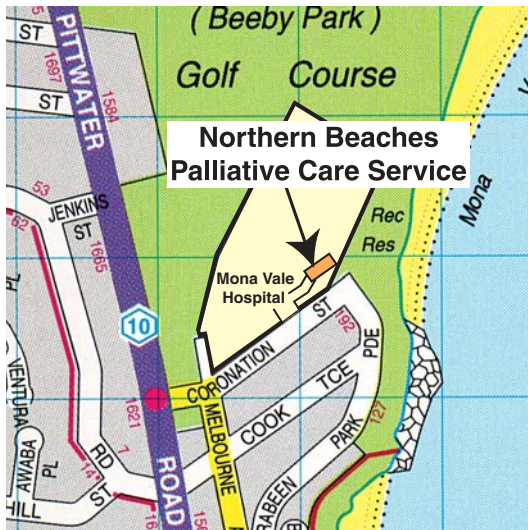


## How To Find Us

We are located on the Mona Vale Hospital campus. Enter off Coronation Street at the Emergency entrance sign, first turn to the right and proceed down the ramp to the blonde brick building – the last free-standing building before the ocean.



## Hope Healthcare

Hope Healthcare is a provider of specialised public health and community services. Three public hospitals, palliative care community services, a nursing home and community and aged care services make up Hope Healthcare, a ministry of the Anglican Deaconess Institution Sydney.

Northern Beaches Palliative Care is part of Hope Healthcare and works in conjunction with Northern Sydney Central Coast Area Health Service.



Photo © & courtesy newspix.com.au

The Day Hospital is named after Cora Adcock, a tireless campaigner for Palliative Care.

### Donations

Hope Healthcare relies heavily on bequests and donations for capital expenditure and special items of equipment. Donations of \$2 or over are tax deductible.



Northern Beaches Palliative Care Service  
Coronation St, Mona Vale  
(Mail PO Box 81 Mona Vale 2103)  
Telephone (02) 9998 0222 Fax (02) 9979 7221  
[www.hopehealthcare.com.au](http://www.hopehealthcare.com.au)

*Serving the local community*

## Northern Beaches Palliative Care

## Cora Adcock Day Hospital



**Specialised public health and  
community services**



For further information contact the Day Hospital Coordinator on 9998 0222 from 8.30 am–4.00 pm Monday to Friday.

Outside of these times please leave a message.

**Telephone: 9998 0222**

## What is the Palliative Care Day Hospital?

The Palliative Care Day Hospital is within the grounds of Mona Vale District Hospital and provides a comprehensive service to support patients who are registered with the Northern Beaches Palliative Care Service.

The Palliative Care Day hospital aims to give social, spiritual, emotional and physical support to our patients and their carers.

The atmosphere is both friendly and life-affirming.

### Part of broad palliative care service

The Palliative Care service in Northern Sydney includes inpatient units, Day Hospitals, multi-disciplinary community services, outpatient clinics and after hours telephone advice. This service is for those diagnosed with a life-limiting illness when relief from pain and other physical, psychological and spiritual concerns and issues may be required.



### How can I access the service?

If you wish to attend Day Hospital, please discuss this with your Community Nurse, General Practitioner or Palliative Care Team.

For further details, please contact the Day Hospital Coordinator on 9998 0222 between 8.30 am-4.00 pm Monday to Friday.

Outside these times, please leave a message.

### What else do I need to know?

**Costs:** Medicare, Department of Veterans' Affairs or your private health fund, covers these.

**Medication:** Please bring ALL your required medications with you on each visit.

**Meals:** Tea, coffee and lunch are provided, or you may bring your own if you prefer.

**Transport:** It is preferable for our patients to arrange their own transport, however, transport can be arranged if required.



### What hours is the service available?

Tuesday, 10 am-3 pm

### What do we offer?

- A caring and friendly atmosphere
- Support for families and carers
- Regular review with the palliative care doctor
- Help with pain and symptom control
- Art, music and Diversional Therapy
- Physiotherapy assessments and treatment
- Occupational Therapy assessment & treatment
- Assistance with full nursing care
- Supportive volunteers
- Individual supportive counselling
- Assistance with practical issues, eg. housing
- Spiritual care
- Respite for carers.

