

What to ask your loved one to bring to hospital for you:

To achieve our rehabilitation philosophy all our patients are encouraged to be up and dressed each day. Personal clothes are returned home for laundering. Unfortunately the ward can not take responsibility for personal belongings or property losses.

We recommend families bring the following:

- Comfortable casual day clothes allowing easy movement
- Night clothes
- Well fitting, non-slip slippers
- Walking shoes
- Socks
- Undergarments
- Toothbrush and toothpaste
- Brush/comb
- Shampoo and conditioner
- Soap or body wash
- Deodorant
- Cell phone and charger
- As applicable
 - Shaver
 - Hearing aids and spare batteries
 - Glasses
 - Reading material
 - Mobility aids/walker/walking stick etc.

Patients are encouraged to use their cell phones to maintain contact with family and friends.

While in Ward 2A you will have:

- Medical assessment and treatment.
- Review of all medications.
- Nursing assessment, care and interventions.
- Physiotherapy assessment and treatment to optimise mobility and promote independence in activities of daily living.
- Occupational therapy assessment and treatment of activities of daily living to optimise function and maximise independence. This may include assessment of personal self-care tasks, cognitive and perceptual assessment, provision of equipment and/or a home visit.
- Speech language therapy assessment and/or treatment.
- Social work and psychosocial assessment and intervention/support.
- Pharmacist visit to provide education and answer questions about your medication.
- Dietician assessment and advice.
- Health psychologist visit.

Ward contacts

Head of Department – Dr Dianne Stokes
Clinical Nurse Manager – Sharon Crowe
Phone 06) 753 6139 ext 7659
Ward Administrator (06) 753 6139 ext 7623

Feedback

We value your feedback which may be used to improve the environment and quality of care delivered. Customer feedback forms available at reception.

Welcome to Ward 2A Older People's Health Stroke and Rehabilitation Service



To provide assessment, treatment and rehabilitation,
with the aim of enhancing independence and
quality of life

TDHB 03-2019

Our Aims

We provide comprehensive geriatric assessment, treatment and rehabilitation. Geriatric rehabilitation is not only about recovery, it can also be about time to (re)find a new shaky balance, if necessary at a more dependant level.

PHILOSOPHY OF SUCCESS

We believe that rehabilitation involves collaboration between the patient/tangata Whaiora and the rehabilitation team. The team aims to deliver a unique assessment and treatment plan to maximise independence / quality of life.

To the relatives/whānau

The rehabilitation team values your input and invites you to participate in your relative's journey as part of their rehabilitation plan.

Family meetings will be arranged as necessary. This is an opportunity for the patient and support people to meet with relevant team members to discuss ongoing care and discharged planning.

Discharges are planned in discussion with patients, families and support agencies. Readiness for discharge is a clinical decision. Where possible we aim to discharge patients by 11am. This ensures patients and families will have time to fill prescriptions and allows patients time to settle at home.

Stroke

Stroke is a form of head injury and your loved one may need a quiet and restful environment (low stimuli). Staff will recommend what will be best for your relative. If this is the case, we recommend that there are no more than two visitors at one time and that the visits remain short and quiet.

Our team

Your multi-disciplinary team (MDT) who meet regularly to review your progress could include:

Geriatrician

Registrar

Junior doctor

Social worker

Physiotherapist

Occupational therapist

Speech and language therapist

Pharmacist

Dietician.....

Stroke CNS

Nurses:

You will have a nurse allocated each shift (you will find their name on the patient status board in your room)

HCA's:

Health care assistants are also available to assist you.

Kaimahi (Māori Health visitor) and chaplains:

Please ask if you would like a visit.

Assessments will be undertaken by a variety of health care professionals who will discuss with you your goals and ongoing treatment.

We are also able to arrange referrals to community support groups

Expectations and goals

Our expectation is that we will work together to restore all or most of your capabilities that were lost and to assist you to compensate for losses that can not be restored. It is important that you and your family maintain a positive and can-do attitude.

We recommend that all our patients have an Advanced Care Plan (ACP). If you already have one please let the staff know. If you don't already have one and would like further information please discuss with your nurse or social worker.

Meals

Breakfast	8.00am
Lunch	Midday
Tea	5.30pm

Meals are generally served in patients' rooms. As part of a care plan, some people attend the breakfast or lunch club in the dining room.

Breakfast club is a rehabilitation initiative so that we can review a person's ability to make breakfast. Lunch club runs daily in the dining room, patients are encouraged to attend.

Visiting hours

Visiting hours are between 8am and 8pm. please ring the ward if you need to visit outside of these hours as the wards are locked for patient and staff safety.

Rehabilitation care is our priority, please do not be offended if your loved one is participating in therapy and you are not able to visit at the specific time.