

Rehabilitation Aged Care Ward (RAC)

Information for
patients and families

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What is the Rehabilitation Aged Care ward?

RAC is a 30 bed geriatric and evaluation management (GEM) unit located at the Royal Melbourne Hospital City Campus ward 6 south east. There are also 3 GEM wards at the Royal Park Campus. The ward provides inpatient care for people with chronic or complex conditions associated with ageing, cognitive dysfunction or disability.

Care during the inpatient stay can include treatment and stabilisation of health conditions and/or future treatment options and service planning.

Our vision

6 South East staff recognise that each patient we care for is unique, with their own set of diverse needs. By using a patient centred approach, our goal is to give every patient an opportunity to regain their independence to the best of their ability. The long term goals of the patient are what drive our staff to continually improve the standards of care we provide.

What we offer

All patients admitted to the ward, will be assessed by:

- Geriatrician/medical team
- Pharmacy
- Occupational therapy
- Nursing
- Physiotherapy
- Social work

Additional referrals as required:

- Speech pathology
- Podiatry
- Specialist nursing – wound, stoma, diabetes education
- Dietitian
- Clinical psychology
- Neuropsychology

Interventions and therapy will be provided based on **individual assessment** and needs, related to achieving **functional** goals.

Everyday activities are part of the rehabilitation process. Patients are encouraged to be as independent as possible on the ward over their stay with staff to assist when this is not possible. This includes sitting out of bed to eat each meal and dressing in their own clothing.

Useful information

Next of kin – it is important to nominate one family member as a contact for the ward, to be the liaison between your family and staff members.

Please bring in clothing, shoes and toiletries to be used whilst in hospital, it is always nice to have familiar items around.

Think about activities your family member may enjoy while in hospital, eg newspaper, crosswords, headphones.

If you have enduring power of attorney (EPOA) paperwork, please present a copy to the ward.

Discuss with the team opportunities to take your family member off the ward for a break, eg for coffee in cafe in a wheelchair.

Speak to nursing staff if you would like to talk to a specific team member about progress, plans and goals.

Where to from here?

Discharge planning from RAC begins prior to admission to the ward.

The decision is made in conjunction with medical staff, the multidisciplinary team, patients and families.

Decisions are based on a person's medical condition, progress being made and goals being achieved.

Possible options are:

- Returning home with services as required
- Transitional care program
- Residential care

Contact

Practitioner / Patient notes

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Medicine & Community Care | iPolicy Number RHB01.02B | NUM 6SE | November 2013



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