

Rehabilitation Ward Royal Park Campus

The Rehabilitation Ward at the Royal Melbourne Hospital's Royal Park Campus offers you:

- An individually tailored program focused on helping you to achieve your goals
- A team that welcomes you as a partner in the delivery of your health care
- An internationally recognised program that prides its self on delivering a world class rehabilitation experience

Why Rehabilitation?

Your Treating Team has referred you for rehabilitation at the Royal Melbourne Hospital's Royal Park Campus. The purpose of this pamphlet is to explain how rehabilitation works. Rehabilitation is the next stage in your journey to recovery. Our team of doctors, nurses and therapists will work with you and your family to achieve maximum independence for you.

About the ward?

Our rehabilitation ward is modern and spacious, offering large patient rooms and a multipurpose room for patient and family enjoyment.



What are we good at?

Our ward is a 40-bed unit that specialises in: Neurological rehabilitation (stroke, multiple sclerosis)

Orthopaedic rehabilitation

Rehabilitation post amputation

Cancer, Cardiac, Respiratory and General rehabilitation

What can I expect?

When you arrive, our team will assess your strengths, needs, and abilities. They will also ask you what you wish to achieve ("goals"). Then, they will create an individually tailored program focused on helping you to achieve the goals, set in partnership by you and the team. The amount of therapy you attend will depend on these goals.

Can I smoke on the ward?

The Rehabilitation Ward is non-smoking. The rehabilitation team is here to help you quit smoking.

What will my day look like?

You will be given a weekly timetable that details your appointments and therapy times. Therapy will be offered between 9am and 4pm (Monday to Friday). Over the weekend you will be encouraged to practice the skills you have learnt throughout the week. Remember that therapy is not just what you do in the gym, but also the everyday things you do on the ward with your nurses and family/carer.

What to bring with you?

Comfortable day clothes, such as tracksuits for therapy. Shoes should be well-fitting, closed-toe styled footwear with firm grip soles. Open back, slip-on slippers are not suitable. Please also bring all personal items such as shampoo, shaving cream, shavers, toothpaste, and deodorant from home.

Visitor information?

Visitors play an important part in the recovery and comfort of patients and are welcome any time during the day up till 8pm. When planning to visit, please note the rest period (1:30 and 2:30pm) and therapy times (refer to the therapy timetable). Good communication between patients, families and staff is very important and visitors are encouraged to liaise with staff members. Parking is available on-site for a fee of \$7 and free for cars with disability parking in marked disabled parking spaces.

What happens after the Rehabilitation Ward?

A stay on the Rehabilitation Ward is only part of your journey to recovery. Ongoing rehabilitation is often organised when you get back into the community.

How to find us?

- Address? – Building 120, 34-54 Poplar Road, Parkville, Victoria, 3052
- By train from the city? – Upfield Train Lines (stops outside the *Zoo).
- By tram? – Route number 55 (departs Flemington Road and stops outside the *Zoo)
- By phone? – 8387 2152 (Rehabilitation Ward front desk) or 8387 2000 (Switchboard)

*approximately 500m from the zoo to the rehabilitation ward.

For further information, please go to www.mh.org.au/rehabilitation

Royal Melbourne Hospital Contact

If you have any questions please ask to contact Kiersten Eyre (Rehab Team - Nurse Consultant)

Practitioner / Patient notes

Some of the goals that we aim to achieve on the rehabilitation ward include:

We estimate that you will stay on the Rehabilitation Ward for _____ Days

Rehabilitation Ward | MH05.07 | Director of Rehabilitation | Reviewed May 2015



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