

Orientation to Older Persons Acute Unit

Welcome to the Older Persons Acute Unit.

You will be seen by a medical officer upon admission, and by a psychiatrist within 24 hours where a treatment plan will be developed.

OPU Unit Phone Number: 5454 8570

- Please give this number to family & friends should they wish to contact the unit.

Smoking Policy:

- Abiding by law, this is a **No Smoking Facility**, smoking is not permitted in the hospital or on the hospital grounds.
- You are able to use nicotine replacement therapies free of charge whilst in hospital. Ask your nurse about the options available.
- Cigarettes & Lighters are not permitted on the unit. They will be stored in the property room & returned to you on discharge.

Personal Belongings:

- We want you to be comfortable. Certain items are not safe to have on the unit. In the interest of the safety and security of your belongings, we ask that your family/visitors please take any unpermitted items home with them.
- We can supply basic toiletries until visitors can bring your own in.

Contact Nurse

- At the beginning of each shift a Nurse will be assigned to support you. This nurse will be your contact person for this shift, you can find who your contact nurse is on the whiteboard in the lounge room. You can also talk to any nurse if you cannot find your contact nurse.

Coping and Safety Plan.

- Coping & safety plans are designed to highlight your strengths, help identify & understand how you best manage when feeling distressed. You're encouraged to complete this as soon as possible, and staff can assist if you need.
- Sensory tools are available, please ask your contact Nurse if you wish to use these.

Lounge and court yard areas:

- There are lounge, dining, sitting and courtyard areas for you to use.
- We ask that you please use the areas with consideration to other people's needs.

Visiting Hours:

- Visiting hours for the unit are from 10am until 8pm each day. Please arrange for visitors to come between these times.

Food & Drink:

- The unit does not have a fridge for patient use; food and drink that requires refrigeration **cannot** be stored within the hospital.
- A jug of fresh water will be delivered to your room each day.
- Meals are served in the dining area, please come to the dining area for your meal.
- Meal times:
 - o Breakfast 8am Morning tea 10am
 - o Lunch 12pm Afternoon tea 3pm
 - o Dinner 5pm Supper 7pm

Hand Hygiene:

- When in hospital with many people it is important to take extra care with washing your hands after using the bathroom and before eating to help keep everyone healthy.

Phone Use:

- Your personal mobile phone use on the unit can help with keeping in contact with important people in your life. At times, the treating team may require limits on personal phone use as part of your treatment to protect the safety of you & others.
- For safety, access to charger cables is restricted however you are able to charge your phone in the nurse's station or bring a short cord for use in your room.
- There is a phone available for use by patients- please talk to your nurse if you need to use it. Please consider others to ensure fair use of the phone.

Laundry Facilities:

- We have laundry facilities available on the unit for you to use – please ask the nursing staff if you would like access into the laundry.
- A change of clothes can be provided should you need, please ask your nurse.

Personal Safety:

- People value the mutual support with the patient community & personal connection on our unit. Physical interpersonal relationships are not permitted on the unit. For the safety of yourself & others, please do not engage in physical relationships with others whilst on the unit.

Personal Medications:

- Personal medications are not permitted on the unit. All medications must be stored in the medication room, or taken home by visitors.

Advocacy Services:

- Please check noticeboards in unit hallways if you wish to speak to a service outside the hospital regarding your admission & treatment such as advocacy services and legal aid services.