

THE
HOBART
CLINIC
Excellence in Mental Health

Inpatient Information

Welcome to The Hobart Clinic and thank you for choosing us as your health care provider. We look forward to getting to know you and working with you.

What to expect from your admission

To help make your first few days with us a little easier an orientation folder is available in your room. Please don't hesitate to speak with your health care team, if you have any questions about your stay with us.

We have a person-centered approach which focusses on your mental health and overall well-being.

Along with a team of health professionals including your treating Psychiatrist, mental health nurses and allied health staff, you are the most important person in managing your health and your recovery.

What to bring

Clothing

You are required to be dressed in casual clothing during the day. Clothing should be comfortable and not of a revealing nature. Bring clothing that allows you to add or remove layers as temperature differs throughout The Clinic. Shoes must always be worn in the public areas.

Toiletries and a small amount of laundry powder are also suggested as these are not supplied.

Valuables

There is a lockable drawer in your room to keep any valuables. We advise you to bring a small amount of money for incidentals. The Clinic takes all due care but no responsibility for valuables brought into the hospital.

Your property

Small televisions and media devices may be brought in from home. If you are uncertain about this, please call The Clinic for further information.

Medications

Please bring in your community pharmacy medication list, prescription and over-the-counter medications and hand them in to the nursing staff on admission. For safety reasons all medication is stored in the medication room and administered by nursing staff.

Alcohol and drugs are not permitted on the premises. Bags will be searched on admission for your and other's safety.



General information

Day Leave

At times you may be permitted to leave the Clinic for a period of time. All leave arrangements need to be discussed with your treating Psychiatrist. Your treatment and program activities always take priority over recreational leave. Depending on your category, you may need a responsible person to accompany you on leave. This will be explained to you by the health care team.

Please be aware that drug or alcohol use while on day leave may result in you being discharged from the hospital.

Financial Obligations

You may have chosen to have an excess or co-payment on your health insurance. Any out of pocket costs will be advised prior to admission, with the payment being required on your admission. If you do have an excess, The Clinic collects this payment from you on behalf of your health insurance provider.

Visitors

Visitors are welcome and are asked to present to reception on arrival. Preferred visiting hours are between 3pm until 9pm, outside of the hours that you will be attending programs.

Car Parking

Free on-site car parking is provided for those who are well enough to drive. The Clinic cannot take responsibility for the safety of any vehicles left in the car park. Your safety is important to us - so there may be times when we advise you not to drive. Your car keys need to be kept in the nurses' station.

Smoking

Smoking is only permitted in one designated area between the hours of 7.00am and 10.00pm and is closed during program time. Patients who wish to reduce or give up smoking can discuss this with their treating Psychiatrist, our General Practitioner or Nursing Staff. Our health professional staff can support you with developing a Quit Smoking program.

Inpatient programs

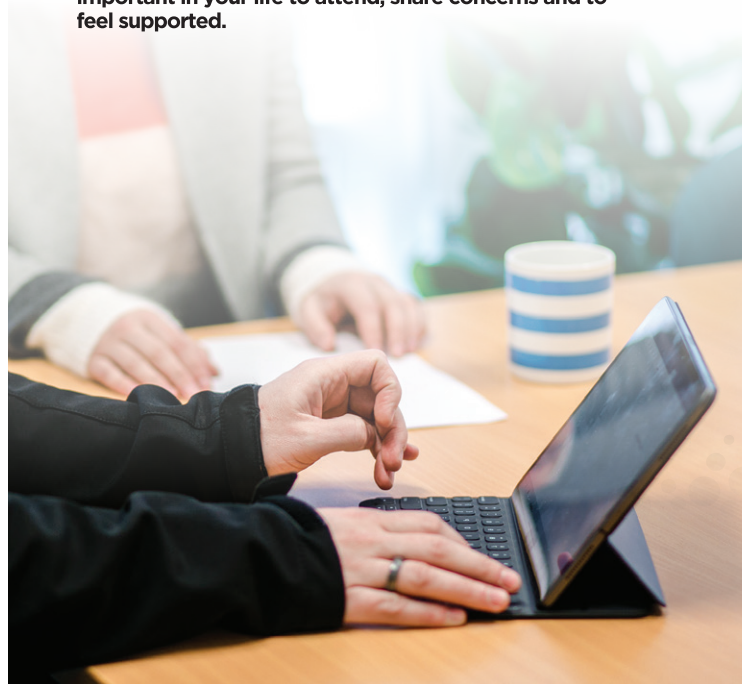
It is an expectation of your private health fund and The Clinic that in addition to seeing your Psychiatrist, you will attend a group therapy program provided by our team that is relevant to your recovery. Health funds have an expectation that you attend at least four (4) hours of programs each day, unless your doctor identifies clinical reasons why it is not appropriate.

Attendance at groups is recorded and provided to your Psychiatrist each week and discussed in your clinical review. Your health fund may carry out an audit to determine patient participation. If you have any concerns about attending any of the programs, please talk to your nurse or the Program Manager.

A copy of the weekly programs timetable is available in your room and you can also speak to your health care team about this timetable.

A weekly Inpatient Community Meeting is held each Monday from 1.45pm to 2.15pm in the lounge area. This is an opportunity to hear about what is happening at The Clinic and ask any questions you may have. Your suggestions and feedback are always welcome and is valuable in assisting us to improve our services.

A carers session is available on the first Wednesday of each month from 5.30pm. This is an opportunity for any family members, carers or persons you have identified that are important in your life to attend, share concerns and to feel supported.



Checking out

On the day you are discharged from the Hospital, you are expected to vacate your room by 10.00am.

Thank you for choosing us to assist you in your recovery.



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