

Accommodation

All rooms on the unit are single bedrooms, with ensuite bathroom. Each room has its own television.

The unit has shared dining and living facilities, a gym, and access to large outdoor recreation and leisure spaces.

Meal Times

Breakfast 7.30–8.30 am

Lunch 12.30 pm

Dinner 5.30 pm

Meals are served in the dining room. Please be on time for meals. Health Department policy requires us to discard any meal that has been left 20 minutes after serving.

Cafe and Recreation Space

Dolcini on the Hill Cafe is located within Royal Rehab—providing coffee, sandwiches, salads and snacks.

Royal Rehab has expansive recreation space, parklands, and sporting courts for your leisure.

Skills Training Unit

Room 1 is our Skills Training Unit. The purpose of this Unit is to allow you to independently practice goals related to your discharge. Your carer may also be involved in your program in the Skills Training Unit.

Not everyone will need to use the Unit but for those who do, your contact person and treating team will discuss the process with you.

Visiting Hours

Every day: 12.00pm–8.00pm

Visiting hours have been established to enable you to optimise your therapy time and to allow you to rest after therapy.

We ask that your family and friends observe the visiting hours. Please note that all visitors will be asked to leave the Unit by the end of visiting hours. This is to ensure the safety and security of all. We thank you for your cooperation.

Visitors requesting to visit outside visiting hours, may arrange with the Clinical Operations Manager, prior to visiting.



Spinal Injury Unit

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Spinal Injury Unit

Information on Your Stay



About Us

The Spinal Injury Unit is a 20 bed facility which offering a state wide service to clients who have sustained traumatic spinal cord injuries. The programs offered are specific to facilitating adjustment to disability, promoting self-determination and independence.

Your Rehabilitation Program

Our philosophy states that we are *“working together to optimise each person’s contribution to rehabilitation through respectful, non-judgmental and collaborative two-way learning that values individual differences.”*

Your Team

Nurses are available 24 hours a day, seven days a week to attend to your needs and ensure your rehabilitation is continuous.

A **Medical Registrar** is on the unit Monday to Friday from 9.00am to 5.00pm and will see you as required. There is a medical officer on call after hours and at the weekend. Your Rehabilitation Specialist does regular ward rounds on Tuesday and Thursday mornings and attends case conferences and family meetings.

Allied Health staff include the physiotherapist, occupational therapist, social worker, dietitian, clinical psychologist, recreational therapist, speech pathologist, neuropsychologist and pharmacist.

Useful Information

Personal Belongings

Limited storage means that you are asked to keep personal belongings to a minimum. This is a challenge and most people find they accumulate more things the longer they stay in the Unit. You may therefore be asked to arrange for some things to be sent home from time to time.

Please note that all items of personal property remain your responsibility during your stay. Sadly we cannot guarantee the safety of personal items and so do not recommend keeping valuable items on the Unit. Small items such as bank cards, cash, etc can be stored in the ward safe.

Laundry

Laundry facilities include washing machine and dryer. These facilities are limited, so wherever possible we ask that relatives take washing home.

Cigarettes, Alcohol and Other Substances

Smoking is not permitted on the hospital campus as per NSW Health Policy. Royal Rehab has a statutory obligation to ensure the health, safety and welfare of all clients, employees and others while in our facilities therefore alcohol, non-prescribed and illegal drugs are prohibited within the facility.

Quit Smoking support is available.

Telephones

The telephone number for our Unit is **(02) 9808 9269 or 9808 9300**.

Our After Hours Nurse Manager can be contacted on **0412 254 279**.

Day and Overnight Leave

A ‘gate-pass’ is required to go out from the Unit whether for one hour, one day or one night. You need to get the gate-pass signed by your team before you can go off the Unit and you need to sign-out each time you leave. This is because we need to know where you are in the event of an emergency. The sign out book is kept with the nurses.

The doors to the hospital are locked at 8 pm. After this time the Unit is locked and you may not be able to get back in easily, so please bear this in mind when planning to go out.

If you leave the Unit without having a valid gate-pass and/or without signing-out you are considered to be a ‘missing person’. By law we are required to report all missing persons to the Police.

Completion of your Rehab Program

Once you have completed your rehabilitation program and if your discharge is delayed you may be transferred to other short-term transitional accommodation. This may be the case if, for example, you are waiting for home modifications to be completed or care services to commence. Your contact person and treating team will discuss these options with you as the need arises.