

What do I need to bring ?

The Subacute Team will provide support and opportunities for you to practice and develop your skills in day to day activities within the Unit.

- Comfortable easy-fit day clothing , night clothes & toiletries. Well-fitting shoes and slippers (not open-back slip-ons.)
- Some small personal items for your comfort e.g. favourite quilt, pillow, radio etc.
- There is a locked drawer in your cupboard for security of low cost items. Avoid bringing valuable items.
- All items must have your name clearly marked.
- All electrical devices must be tested for safety by the SHDH Engineering Department before being used.



FOR MORE INFORMATION CONTACT:

The Subacute Unit

Swan Hill District Health

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The Subacute Unit: Information on Referral

LOCATION: First Floor, rear building, Swan Hill District Health. Enter via Splatt Street Main Reception, then access through the Acute Ward to rear door. (No access through medical clinic.)

What is the Subacute Unit?

The Subacute Unit is on the first floor of the building behind the hospital's Acute Ward. It includes Rehabilitation, Geriatric Evaluation and Management (GEM), Transition Care Program (TCP) and Palliative Care.

Subacute services are for people who have lost function or independence due to injury, surgery or health issues and who are able to participate in an intensive program to improve in these areas again.

A team of people including Medical, Nursing and Allied Health would work with you to improve your level of independence. This is done by:

- Setting goals with you about what is important to you.
- Developing a program with you that will enable you to progress towards your goals.

Subacute services are best provided at the point in recovery when you can make the most gains.

Goal: A goal is something you have difficulty with now that you'd like to be able to get back to doing.



Will I be eligible for Subacute?

Your Acute team may refer you to the Subacute Unit if you give consent and if you meet the following requirements:

1. You have a suitable condition that can be addressed in the short-term program.
2. You have specific goals that you are committed to and wish to achieve through regular daily therapy.
3. You agree to participate in all parts of the Subacute program to address your goals.

If you are referred you will be assessed by the Specialist doctor (Geriatrician) and assessment team. The outcome may be:

- To be accepted and with your consent, be placed on the waiting list for a bed.
- To make recommendations for your care and review your situation again.
- To recommend specialist Inpatient Rehabilitation at a larger facility or a different service or
- To recommend that your Acute team pursue other discharge options and local services, rather than Subacute.

What is expected of me?

Your Subacute Team will support you to ensure the program is meeting your needs and abilities. The Subacute daily routine aims to be more like the demands of home to prepare you for discharge.

Expectations in Subacute include:

- Attending all your Individual sessions, daily Group Programs and exercise programs for you between sessions.
- Getting dressed daily in day clothes.
- Eating all meals in the dining room. You will be encouraged to prepare your own breakfast with supervision/ assistance as needed, in order to practice all the skills you are learning in a more home-like setting.
- Walking to and from meals in the dining room as much as you are able.

As part of a person-centred approach, we encourage you to discuss your program and any issues, concerns or changes with your team.

