



Extended Stay Service

During your Extended stay you will have access to a multidisciplinary team including **nursing, social work and psychological services staff**

Your family is encouraged to attend or visit you during your stay

Monday

- Admission at **1:30pm**.
- You will be welcomed by members of the team including your nurse. Together you will complete your admission paperwork and create a plan for your stay.
- **3:30pm** Welcome group in the Extended Stay lounge will provide information about what to expect during the week and is an opportunity to meet the other families.

Our multidisciplinary team are also available as you settle into the service.

Tuesday

- Psychological services and social work staff are available . Please ask our team if you have any questions or would like to book a consultation.

Wednesday

- **9:30am** - 1 hour Relaxation, Mindfulness and Self Care Group, facilitated by social work staff.
- Psychological services and social work staff are available for consultations.
- Additional groups may be offered during your admission and you will be advised during the welcome group.

Thursday

- Social work appointments are available.
- Opportunity to provide feedback on your stay.
- Develop your discharge plan including any referrals to other services and/or community supports.

Friday

- **7:00am - 8:00am** - Discharge. Please let your staff member know when you are ready to leave and sign out on discharge.
- You will receive a follow up call the Friday following your service. Please call Parenting Line on 9368 9368 if you have any queries before then .