



# Extended Stay Service

## About Extended Stay

- Extended Stay Service is an admission to Ngala's private hospital, from 1:30pm Monday to 8:00am Friday.
- An individualised care plan is designed to meet the needs of your family during your stay.
- The multidisciplinary team working alongside you, including nursing and social work staff.
- Each family shares a nursing staff member with one or two other families.
- A social work consult is offered to provide you with the opportunity to discuss your emotional wellbeing and self-care, and your adjustment to parenting.
- You will have your own room and a nursery where your baby can sleep.
- All meals are provided and there are tea and coffee making facilities.
- Your partner, or a support person such as a friend or family member, is encouraged to attend.

## Your Week

- Introduction to the service and completion of admission paperwork.
- Your staff member will guide you in discussing and identifying the most important areas of your parenting and child's development that you would like to focus on.
- Together, you will be able to explore strategies to meet your child's and family's needs and create your personal plan.
- You will have an opportunity to practice these strategies with the guidance and support of your staff during the day and overnight.
- You and your nurse will review the strategies and your plan.
- You will be given a copy of your plan to take home, together with any additional learning resources and/or referrals identified.



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 .