



# Day Stay Service

## About Day Stay

- Day Stay is an admission to Ngala's private hospital, lasting approximately 6 hours.
- 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.
- Morning tea and lunch 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 Day

- 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.
- 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.
- Discharge will be between 2:30 pm and 3:00 pm.
- Please advise reception staff when you are leaving the building; they will sign you out.

You may like to attend further services following your Day Stay.

Please contact us on **9368 9368** to discuss further or let your staff member know during your admission.