

## Frequently Asked Questions

### *Will I get to choose to attend Macquarie Hospital?*

You can talk through all choices for your recovery with your treating team including coming to Macquarie Hospital. Your treating team can also make a referral on your behalf under Mental Health Act legislation.

### *Can I choose which unit I attend?*

Macquarie staff will speak with you and your current team and decide which unit will be most helpful in meeting your needs. You may also change units throughout your admission if another unit is better suited to supporting your needs and goals.

### *When can I have leave?*

It is important that before you start taking leave, that your treating team has had the opportunity to get to know you. Your team will assess if taking leave is safe and helpful and you will then be able to have escorted leave with a member of the treating team, then unescorted leave. This often happens after 1 to 2 weeks.

### *How long is an admission?*

Length of admission varies based on your goals and care needs. The program can last from 1-12 months. Sometimes admission may be longer if you need help finding accommodation on discharge.

### *Can I smoke?*

Macquarie Hospital is a NSW Health facility, therefore you cannot smoke on site. You may smoke cigarettes if you are granted unescorted leave off-site. We offer Nicotine Replacement Therapy (patches, inhalers, spray or gum) on all units.

### *How much does it cost?*

The Ministry of Health sets fees for all consumers in the rehabilitation units at Macquarie Hospital. They are about 80% of the Disability Support Pension or JobSeeker payment. We can lower fees in some circumstances. The fees cover all of your living costs, including food, services and medication during your stay. Please speak with your treating team if you have questions about this.

### *Can I have visitors?*


Yes. There are visiting hours on each unit. There can be limits on who may visit or how many visitors we can allow at one time.

### *Can I use my phone?*

You can generally use your personal devices such as mobile phones or tablets after speaking with your treating team. We base this decision on safety, privacy and engagement in the rehabilitation program.

## For more information contact:

### Macquarie Hospital

 (02) 9887 5500

 Wicks Road, North Ryde NSW 2113

# Macquarie Hospital Mental Health Rehabilitation

## Information for consumers



Macquarie Hospital offers specialist care for people experiencing mental illness.

Located in North Ryde, on a large parkland. We can provide inpatient admissions for adults experiencing heightened distress via our acute inpatient unit or psychosocial rehabilitation via one of our eight rehabilitation units.

## Coming to Macquarie Hospital

Before you come to Macquarie, you will be invited to meet some of our staff for an assessment about suitability of an admission to our hospital. This may happen in person or online.

This meeting is an opportunity to discuss what's getting in the way of you having the life you want. You are welcome to ask questions and express your point of view.

Our team will discuss with you whether they think an admission to Macquarie could be helpful to you and what it could offer. In making this decision, our team will consider other things including what has worked well or not so well for you previously.

The team will also provide an estimated length of stay and suggest which unit would suit you best.

Following the meeting, our team will give the result of your assessment to your treating team. If accepted, you can come in as soon as a bed is ready.



## What happens while you're here?

Macquarie Hospital recognises that we are all unique in our needs and goals. We aim for your stay to be a worthwhile experience by working with you on what matters to you.

The team will work with you to identify your needs, and develop your goals. Together you will develop a care plan to work towards these goals. This plan outlines your goals, actions to meet these goals and who will work with you on these goals and actions. Your care plan will be reviewed and updated throughout your stay.

You will take part in meaningful rehabilitation programs either on the hospital grounds or in the community.

Depending on what's important to you and what interests you, some things you may get involved in are:

- Individual and group therapy programs
- Healthy living program
- Recreation outings
- Physical activity at the tennis courts and gym
- Art therapy
- Music therapy
- Social barbeques
- Creative writing and publishing in Ironbark, Macquarie Hospital's consumer newsletter
- Market days
- Consumer-led goal setting groups
- Relapse prevention groups
- Cooking and preparing meals
- Chapel

Ideas of what you would like to do during your stay are welcome.

## Getting back to the community

At Macquarie Hospital, one of our aims from the beginning of your stay is to work towards your discharge so that you can get back to doing the things you enjoy at home and in your community. If you are needing support with your housing and accommodation, our team can work with you to find suitable accommodation. We will also work with you to ensure you have the right supports in the community available to you when you are discharged.

Our Consumer Peer Workers have a lived experience of accessing mental health services. They will work alongside you with your goals, aspirations and needs, to help you move through your stay and back into community.

