



Brighton Rehabilitation Unit

A multidisciplinary service of intensive therapy providing people with an opportunity to regain function and independence following an injury or illness. The rehabilitation team will assist you to return to suitable accommodation with the support you require.

Location: Level 2, Dolphin House, Brighton Health Campus

Phone: (07) 3631 7500

What you can expect

The Brighton Rehabilitation Unit is located on Level 2 of Dolphin House on the Brighton Health Campus.

Within your first few days on the unit, you will undergo assessment and the team will work with you to set individualised goals and help you achieve them. It is important that there is an agreed plan from the beginning of your admission so that your rehabilitation has direction.

Your discharge plans will commence from the day of your arrival. Within the first week an estimated date for your discharge will be set so that you and your family can plan. This date can be changed depending on your progress and feedback from the team.

The multidisciplinary team meets regularly to discuss your progress. You may be allocated a "Key Person", and this is a member of the team who will be a point of contact for you and your family and will provide you with regular updates on behalf of your team.

If required a family meeting with the treating team may be arranged to discuss progress and discharge planning.

If you require further support on discharge, services will be arranged before you leave.

Discharge time from the unit is 10.00 am. Family/Friends support with transporting home is required. If this is unable to occur, at the allocated time, you will be supported in the dining room.



What is expected from you?

Rehabilitation is aimed at preparing you to return to the community. The team will work in partnership with you to develop an individualised rehabilitation program and will support you to work toward your goals.

The Team

- Patients/Family/Friends/Carers
- Doctors
- Physiotherapists
- Occupational Therapists
- Speech Pathologists
- Neuropsychologist/Clinical Psychologist
- Pharmacists
- Nurses
- Dietitians
- Social Workers
- Allied Health Assistants
- Administration Officer
- Volunteers



What to bring

- Safe, appropriate, and comfortable clothing that can be worn when exercising including underwear. Five (5) sets of clothes is recommended. Brighton Rehabilitation Unit is unable to provide a laundry service, however there are external private laundry services that can be accessed for a fee.
- Safe, comfortable, appropriate and well-fitting footwear such as joggers / runners.
- Night attire and toiletries (soap, shampoo, conditioner, deodorant, tissues, shaving kits, creams/lotions). Note if assessed as incontinent, aids will be provided where appropriate.
- It does get cold sometimes in the unit, it is recommended that you also bring some warm clothes.
- Any other items you usually use at home – walking aids, wheelchairs, pressure relieving cushions, splints, pressure garments, glasses, hearing aids, dentures, iPad/tablet/phone – free WiFi is available, don't forget headphones and charges. NB. You are responsible for your belongings.
- Please bring all your current medications, including vitamin supplements and herbal medicines so your doctor and pharmacist can review them.
- Whilst every effort is made to guard against loss or damage, the service does not accept responsibility for any items lost or damaged. Therefore we suggest that you do not keep large amounts of cash or valuables with you.

Smoking

The Brighton Health Campus supports a “No-Smoking” policy. Rehabilitation staff will not assist patients to access smoking areas offsite. The team are happy to assist with smoking cessation if you require support. Patches can be provided at no cost while admitted to the unit.

Meals and tea/coffee rounds

Attendance in the dining room for meals is expected as part of your rehabilitation.

Breakfast	7:30 am	Tea/Coffee from:	7:40 am
		Morning Tea	10:00 – 10:45 am
Lunch	12:00 midday		12:15 pm
		Afternoon Tea	1:45 – 2:30 pm
Dinner	5:00 pm		5:15 pm
		Supper	6:45 – 7:15 pm

How much does it cost?

If the treating team assesses that the main reason for your stay has changed from intensive rehabilitation to waiting for support services, home modifications, or accommodation, we are required to charge a daily “maintenance” fee, currently \$78.65 per day.

Fees are not applicable until you have been in hospital longer than 35 days. The 35 days is calculated from the start of your inpatient admission which may be before you move to Brighton Rehabilitation Unit. Medications supplied on discharge will also incur a charge.

Visiting Hours

Visiting hours are flexible, and vary from ward to ward. Some wards/areas have restricted visiting hours due to the nature of care being provided in that particular clinical area and most wards have rest periods. Visitors can ask ward staff about the particular visiting arrangements for the ward where their relative or friend is staying.

It is recommended that your visitors coordinate their visiting times around your rehabilitation program. This can be found on the rehabilitation therapy schedule. Please be aware that therapy times may change due to patient/staff requirements.

Family and friends are encouraged to be involved in your rehabilitation. If family are interested, please speak to the staff to determine options.

Other Services

- There are phones by the bedside allowing family members to ring you directly. No outgoing calls can be made from the bedside phone.
- There is a communal lounge area with a TV. Bedside TV's are available for use, however, do come at a cost to you.
- There are external private laundry services that can be accessed for a fee. To access external laundry services please see nursing staff for information.
- The Brighton Café is located on site and is open Monday to Friday, from 8:00 am – 1:00 pm. These hours may be subject to change. There is also a small complex of shops nearby.
- The Brighton Health Campus multi faith room is available to individuals and small groups of staff, families, patients and residents to use for quiet reflection and worship. The multi faith room is open 24/7, seven days a week. Visiting hours are 7.00 am to 4.00 pm. For after-hours access please contact Brighton Health Campus security on 3631 7547.



Way to Go

Way to Go is a new Patient and Visitor portal making your care journey easier. This portal is a one stop shop for important information relevant to you during your stay within our facility.

Keep up to date with:

- Australian Charter of Healthcare Rights: What to expect when receiving health care.
- Ryan's Rule: 3 Step process to raise concerns if a health concern is getting worse or not improving.
- COVID-19 changes to visiting our hospitals.

To access this portal:

1. Scan the QR Code or go to www.metronorth.health.qld.gov.au/waytogo
2. Start your health journey
3. Add to your home screen for future use



Have your say – your feedback is important

The quickest way to raise a concern or provide a compliment is to speak to a member of staff involved in your care. Or scan the QR code below or go to www.metronorth.health.qld.gov.au/community/contact-us to provide written feedback. This feedback form is for any services received in Community and Oral Health, Metro North Health.



- Do you have any suggestions for improving what we do?
- Tell us about your main concern?
- Tell us what we did well?

Consumer Liaison Officer contact details: Email: COH-CLO@health.qld.gov.au or Mobile: 0436 841 603.

