

Day and Overnight Leave

Brain Injury Rehabilitation Unit

Going out on Leave

While you are in rehabilitation, you may be able to go out on leave. This is an important part of your recovery and reintegration back into the community and as such it's important we get the timing right to ensure you are properly supported and safe.

There are three main types of leave and typically occur sequentially:

- **Campus Leave:** A short period during the day where you leave the ward but stay on site at STARS.
- **Day Leave:** You leave the STARS campus for a short period of time during the day. This might include going to an accessible café or going home.
- **Overnight Leave:** One night away from hospital to suitable accommodation with supports.
- **Weekend Leave:** Two nights away from hospital to suitable accommodation with supports.

How is this arranged?

Planning for leave takes time and requires a discussion with your treating team to ensure your safety. Considerations can include:

- What are the goals you are working on while you are on leave?
- Is the location you are spending time at suitable for your current abilities?
- What are your transportation plans?
- Do you require equipment to help with your mobility?
- What assistance do you require going to the toilet?
- When are your medications due?
- What assistance do you require when having your meals?

Information that you can provide your treating team prior to this discussion include:

- Providing photos of your home
- Discussing with your family or support persons who will be responsible during leave
- Sharing activities that you would like to participate in or goals that you have identified

Before going on leave

If required, your team will provide education and training to your support persons, prior to going on leave.

During leave

When you go on leave it is strongly advised you avoid alcohol, smoking and illicit drugs. You are not able to drive a car, motorcycle, electric mobility device or operate heavy machinery.

If there is an emergency whilst you are on leave, **call the ambulance on 000**.

If you would like to talk to the hospital, call the 5A Team Leader on 3647 7591.

What goals would you like to explore when you are on leave?

What do you and your supports need to discuss prior to leave?

Contact Details

STARS General Enquiries: 07 3647 7111

Ward 5A Reception: 07 3647 6753

More Information

