

## WHAT TO EXPECT ON ADMISSION

### Information for new residents

Making the move into residential aged care can seem like an overwhelming process. We understand this and our friendly team will be with you every step of the way.

The following outline is a guide to help you understand what to expect on admission to an Autumn Aged Care facility.

### Days 1 to 2

It is a good idea to bring a family member or support person with you to assist with completion of paperwork and to support you.

You will need to bring the following documents with you:

- A medical summary from your General Practitioner including a current medication list, if you are coming from hospital they will provide a discharge summary that will be sent with you.
- Pension card or DVA card
- Medicare card
- Private health insurance details
- Copy of Power of attorney documents
- Banking details for direct debit purposes
- Ambulance membership subscription details (we highly recommend membership as trips to medical appointments are not covered, even for pensioners unless you are a member)
- Any advanced care plan if you have one

The following documents will need to be completed prior to or upon admission:

- Signed resident accommodation agreement
- Completed direct debit form
- Quality Pharmacy admission form incl. direct debit details

When you arrive you will be greeted by our friendly receptionist who will introduce you to our Clinical care coordinator that will oversee your admission.

You will be taken to the room you have accepted and orientated to your community and surroundings. We understand that this can be overwhelming and we will be guided by you every step of the way.

### Documents to be completed on day one

Our multi-disciplinary health care team will assist you with the completion of these forms on the day. A designated Registered nurse will oversee this process:

- Resident vital data for all contact information
- Your plan of care including any specialized nursing requirements
- Your dietary requirements
- Your medication assessment and management plan
- Resident consent form for us to access your health information and use your photos for medication charts etc.
- Consent for lifestyle outings
- A falls risk assessment
- Advanced care wishes

Your health assessments conducted on admission and on the following days:

- With your admission you will be seen by a Doctor and a Physiotherapist
- You will have your blood pressure, pulse, temperature, respiration count, weight and height checked to work out your BMI. Other observations may be conducted depending on your personal health status.
- Your skin will be checked by our wound and skin integrity nurse who is on duty 7 days a week.
- Any referrals to other allied health will be initiated depending on your individual needs.
- A personalized initial care plan will be created so that we know how to best care for you in the initial stages.

Over the next 28 days you will undergo a comprehensive suite of assessments that will help formulate your full care plan. These assessments are not intrusive in fact you may not even notice they are being done but they will give us a clear idea of how we can help care for you.

You will be introduced to our lifestyle team who will create an individualized lifestyle program incorporating as many or as little activities as you choose to participate in.

Around 30 days after admission you will be asked to participate in a care plan consultation. This can be done with either yourself or your representative or both. The choice will be yours. This consultation is designed to provide feedback in providing your care and if any changes or improvements need to be made.

Each month thereafter your care plan will be reviewed and you will get an opportunity to have your say regarding your care.