

# Washing

The unit has a laundry with a washing machine and dryer and ironing facilities are available, please ask staff. Alternatively, patients may send their dirty washing home with a friend or relative.

# Food

Special diets including vegetarian, vegan, diabetic and gluten free can all be catered for by the hospital. Patients can bring food and drinks but fridge space is limited, please ensure it is stored and labelled adequately.

Daily meal delivery times, including weekends, are:

Breakfast	7.30am
Morning tea	10.00am
Lunch	12.30pm
Afternoon tea	3.00pm
Dinner	5.30pm



# Staffing

Bindarray Clinic is staffed by:

- Nurse Unit Manager
- Registered Nurses
- Clinical Psychologists
- Social Worker
- Exercise Physiologist
- Dietitian
- Occupational Therapists



## SUPPORT INFORMATION FOR CARERS

Carer Resource Centre  
1800 242 636

NSW Family and Carer  
Mental Health Program  
(02) 6658 7831

Carer Support  
1800 052 222

Carers Respite  
1800 059 059

*"One person caring about another  
represents life's greatest value"*

*by Jim Rohn*

Please feel free to ask any staff member if you have any questions or queries about any information in this brochure, we will be happy to talk to you.



### Bindarray Clinic

31 Mackays Road  
Coffs Harbour NSW 2450  
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Email: bindarray@ramsayhealth.com.au  
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People caring for people



Bindarray Clinic

## Information for Carers, Relatives & Friends of Patients



BC Info for Carers, Relatives & Friends DL: May 2014

Bindarray Clinic is a 12 bed Unit, located in a tranquil setting at Baringa Private Hospital in Coffs Harbour. Our Clinic offers a high standard of care in a warm supportive environment.

Bindarray Clinic is owned by Ramsay Health Care and offers inpatient, outpatient and day programs for people with a range of mental health disorders.

## Treatment and Program

At Bindarray Clinic we provide a group program Monday to Friday. Over the weekend there is a more relaxed program.

Each patient will have an individual treatment plan and discharge plan. Input from family and carers is essential.

Our inpatient program is group therapy based, where you will be introduced to a range of therapies including cognitive behaviour therapy and mindfulness, led by a team of highly qualified clinical psychologists. This is complemented by psycho-education on various topics including sleep, diet and exercise which can assist clients to better manage their condition upon discharge.

## Visitors

At Bindarray Clinic we aim to provide a safe, pleasant, low stimulus environment. We have a zero tolerance policy towards violence, aggression, drugs and alcohol on the ward.

Please sign the visitors book at the front desk when you arrive and on your departure.

Visiting hours for Bindarray Clinic are from 10am to 8pm. There is a group program that runs on Mondays to Fridays and most patients benefit from attending this so visiting outside of these hours is encouraged.

Also, people who are in hospital may find entertaining visitors to be very tiring so keep this in mind when planning your visits and keep them brief.

The unit is fitted with Closed Circuit TV in communal areas only.

## Meals

There is an opportunity to enjoy a meal with their friend or relative at a reasonable cost. Please speak to the nursing or administration reasonable in the unit to place your order to arrange this.

## Admission Process

On arrival your relative will be allocated to a treating team with a Consultant Psychiatrist. They will usually be seen by their Psychiatrist and will also have a physical examination by one of our Staff Medical Officers. They will be shown around the unit, allocated to a room and given information about the program and treatments available.

## Carers

Carers play an important role in the patient's recovery. On admission patients will be asked to nominate the person or persons who they wish to include in discussions about their treatment plan and progress, and to identify the level of disclosure they would like this person/s to have.

Personal information about the patient's thoughts and feelings and their history will not be discussed with anyone without the patient's express permission.

Carers support groups are available at Bindarray Clinic and are advertised.

Please see the nursing staff for more information.

## While On Leave

If your relative has some day leave and is in your care, please keep the following in mind. It is possible that they may be experiencing sedation or other side effects from their medications. Please ask the staff if you have any concerns. Patients have agreed to not take any other medications than those prescribed and it is recommended not to drink alcohol. Please take a contact card and call with any concerns.

## Smoking Policy

All internal areas of the unit are designated non-smoking. Patients and visitors are only allowed to smoke in the designated areas outdoors.

## Valuables

You are advised to leave valuables at home as the unit cannot take any responsibility for these items. The unit does however provide a wardrobe key for each patient. The amount of cash should be limited.

## Clothing

Patients will need a couple of changes of comfortable outfits, shoes, nightwear, slippers and toiletries for their stay. For patients during their stay appropriate shoes for walking and the gym is required, also swimwear if they access the hydrotherapy pool.

## Telephone

Patients each have a telephone by their bed and all local calls are free. Patients may purchase a phone card from the reception staff for STD and mobile calls. If the patient is happy to take calls, their direct number can be given to you upon request.

## What To Bring

### **MEDICATIONS**

Patients will be prescribed medications by doctors, which will then be administered by nursing staff. Patients will not require their own supply of psychiatric medications, however if they have any medical conditions patients should bring medications for these conditions from home. All medications, including herbal and over the counter medications must be given to nursing staff.

## When Admitted

When admitted patients are observed closely for a minimum of 24 hours and leave maybe restricted. Information is available for patients and their relatives/loved ones regarding observation levels and available leave.