

Parent and Infant Unit Preadmission Information

We understand the assessment and admission process can be overwhelming at times and we often forget things we've been told, so, we've put together a list of things we usually tell you once you decide on an admission to The Parent & Infant Unit.

Partners: At the Parent & Infant Unit (PIU) we are a family inclusive service and you are welcome to have a support person stay with you throughout your admission. Unfortunately, we are unable to provide meals for your support person, however we do have a fridge and a freezer available to store food items.

Meals: Meals will be provided for you and your infant, with basic drinks, biscuits and fruit also available throughout the day. You are also welcome to bring in any of your own foods to enjoy during your admission.

Smoking: All Ballarat Health Services grounds are smoke free including visitor and staff car parks. Nicotine replacement options are available throughout your admission if you choose.

Bedrooms: Each bedroom is set up with an ensuite, change table, cot & bassinette. The beds have doonas on them, however you may choose to bring in your own pillow or baby blanket to help you feel more comfortable. While we try to prevent room changes, unfortunately sometimes these will need to occur for a range of different reasons.

Electrical Appliances: It is an occupational health and safety policy that personal electrical equipment cannot be used within the unit. IPAD's, phone chargers, hairdryers, straighteners and sterilizers are available for use during your admission. If you do have to use a personal electrical item such as a sleep machine, please discuss this with the PIU staff on the day of your admission.

Illness: Given the communal nature of the unit, if you or your baby develop any cold or flu symptoms, or test positive to Covid-19 during your admission, you will be asked to isolate in your bedroom, or if able, utilise leave to help reduce the risk of spreading the infection to others.

Covid-19: We currently follow State-wide and Organizational protocols relating to Covid-19. Given that these restrictions change frequently, staff will speak to you about any restrictions or requirements prior to your admission.

Vaccinations: All babies are required by the Australian Government to have evidence of Immunisation or evidence of medical exemptions. Please provide your baby's record of immunisation as available on MyGov. Ballarat Health can support your baby to be brought up to date with immunisations.

What support can I expect during my stay?

Nursing staff are available 24 hours per day to support your individual mental health and parenting needs. We will work with you to develop an individual treatment plan and continually review them during your stay to meet your goals.

Sleep restoration can sometimes be an important aspect of someone's recovery journey which the PIU staff can assist with for a short period of time. We will continually review the level of support required overnight to find the right balance of rest and reality for when you are at home.

Our team also offers strategies that assist with understanding how your baby communicates their needs.

Once or twice per week a Consultant Psychiatrist and Psychiatric Registrar provides a review of your mental health and medication options if appropriate.

We also have a team of Allied Health professionals including a Maternal Child Health Nurse who can work directly with you in the unit.

We can also utilise internal referrals to Lactation consultants and other Allied Health Professionals associated with Ballarat Health Services if there is an identified need.

What is expected of me during my stay?

Attending groups on a daily basis will help you feel less alone in your experience and forms an important part of your treatment. We consider your privacy and confidentiality as paramount. Information shared in groups is to remain confidential. We do not allow any photos, videos or recording on the Unit.

Although nursing staff are available 24 hours per day to support you and your baby, we encourage you to continue to attend to your baby's needs. We discourage you from providing care for any other baby or family on the Unit for safety reasons.

If your baby should become unwell either whilst waiting for admission, during admission or on leave, please notify staff and seek medical advice from a GP or ED.

We encourage all families to provide feedback to us throughout their admission. We value your participation in developing and reviewing goals, recognising that every family has unique needs.

Should you have any legal orders relating to you and/or your baby, these will continue to be upheld during your admission. For example, if you have an IVO in place this will not be a barrier to admission.

What happens when I go home?

Planning your discharge home is a very important part of your journey to recovery. Options are tailored to individual needs, however most people who use our service continue their treatment with the Perinatal Community Team or other private mental health specialists.

How do I get there?

We are located at 28 – 34 Pleasant Street, Newington, 3350.

There is parking available at the front of The Parent & Infant Unit, or you can be dropped off at the unit by a family member or friend.

The PIU building is located behind the PARC building and is not viewable from the street, just head down the driveway beside the PARC building and you will find us.

Is there public transport available?

The Ballarat Train station is located at Lydiard St / Main St, Ballarat Central 3350.

For more information on train routes and timetables visit Public Transport Victoria:

<https://www.ptv.vic.gov.au/>

There are bus stops located at the Western Oval near the corner of Pleasant Street South and Eyre St, and just down from Crawford's Pharmacy on the corner of Pleasant St and Sturt St.

For more information on bus stop locations, routes and timetables visit CDC Ballarat:

<http://www.cdcvictoria.com.au/>

Some feedback from our families

"I was a mess when I first walked in here but I'm starting to feel whole again and more like myself"

"It's helped to rebuild me and heal my family"

"My future looks so much more promising thanks to ALL of you. I am so thankful that this facility is here, such a wonderful service"

What do I need to bring?

- Any medication that you or your baby are currently taking. This includes infant Panadol/Nurofen if you feel you may need this during your admission.
- Infant formula, bottles and teats, dummies and favourite toys.
- Clothing, toiletries and sanitary items for both you and your infant, this includes nappies.
- Infant maternal child health book (Green book).
- Pram for leave from the unit/walks
- The unit provide basic hospital style linen; however, you may prefer to bring your own pillows and baby blankets to make your stay more comfortable.
- Medicare Card and/or Private Health Insurance details if you would like to use your private health insurance. The Parent & Infant Unit is a publicly funded service; Private Health Insurance is not required access our service.
- Mindful activity – some people like to bring a book, or a craft activity or a puzzle book.