

## Your personal items/ valuables

To prevent loss of your belongings we urge you to bring only essential items that are needed for your stay.

Please label your belongings with your full name. We do not take responsibility for any valuables.

## Food

No responsibility can be taken for food or drink prepared outside the hospital. For more information, please ask for a copy of the "Can I bring food for patients and residents?" brochure.

## Electrical appliances

For safety reasons the hospital engineer must check any electrical goods brought from home.

## Other services and facilities

– the hospital does not provide a laundry service, please send laundry home with your family/carers.

– tea and coffee making facilities available at the GEM Unit Bolte Wing (Fitzroy). Snacks and meals can be purchased in the bistro/cafeteria at both campuses.

## Medications

To reduce the risk of error, it is very important that you or your visitors do not interrupt nurses while medications are being given out. If you require assistance or have needs during this time please use your call bell and another staff member will attend to you.

*Inspired  
by  
You*

# Geriatric Evaluation Management (GEM)

Specialists in the care  
of the older person



**ST VINCENT'S  
HOSPITAL**  
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## THE GEM TEAM

The GEM team is made up of a range of health professionals who work together to achieve the best possible outcome for you and your family.

**Doctors** manage your medical care, while the **Geriatrician**, a specialist in aged care, monitors the management of your overall health and wellbeing.

**Nurse Unit Manager** is in charge of the unit, and is the person you should speak to about any concerns or issues.

**Nursing staff** are responsible for giving medications, assisting you with any aspects of personal care such as showering or dressing, and assessing and managing your ongoing needs.

**Physiotherapist** promotes mobility and independence through walking and other exercises to increase your strength, stamina and joint mobility. With a well-equipped gym and structured walking and exercise programs, physiotherapy aims to get you moving with greater confidence before you leave GEM.

**Occupational Therapist (OT)** assesses everyday activities such as cooking and showering, the home environment and the possible need for assistance when you leave GEM. The OT may take you on a visit home to assess your house and arrange any equipment needed to maximise your safety if you are returning home.

**Allied Health Assistant** supports the Physiotherapist and OT with your daily management on the ward. This includes helping you with mobility and exercise programs and trialling equipment such as walking aids that have been recommended by your therapists.

**Social Worker** is available to help you or your family/carers to make informed decisions by providing information, support, counselling and advocacy. The Social Worker may provide or arrange continued support for you after discharge, especially if there are concerns about your ability to manage at home. The social worker may also assist you or your family/carers in making decisions about residential care.

**Speech Pathologists** assess and treat people who have communication and/or swallowing difficulties. Communication difficulties may include understanding information, speaking, reading and writing. These may be affected by different illnesses, confusion, hearing or visual impairment. Speech Pathologists also address any difficulties with chewing or swallowing food or fluids.

**Dietitian** is available to assess your nutritional needs and ensure you are provided with suitable meals. The Dietitian may also provide advice to you or your family/carers on changes to your diet or the need for nutritional supplements.

All staff can arrange an **interpreter** to be available free of charge if needed.

**Pastoral Care** and **Volunteers** are available to all patients. Please advise staff if you would like this service.

## Admission

Patients are admitted for GEM services from public and private hospitals and the community by medical referral to the Admissions Coordinator.

## What to bring for admission

Please bring the following clearly labelled items:

- day wear (e.g. tracksuits, trousers, skirts, shirts, socks, stockings, cardigan/jumper)
- nightwear including dressing gown and slippers
- underwear/continence aides that you wear at home
- toiletries including hair care items and shaving equipment
- dentures, hearing aids
- well fitting, non-slip supportive shoes (staff can assist you with information about correct footwear)
- walking aids (i.e. walking stick, frame etc)
- dosette or medication administration aids
- diabetic management equipment
- tissues