



**St Vincent's**

*Continuing the Mission of  
the Sisters of Charity*

*Welcome to GEM Plus*

**StV**

### *Things to remember during your stay*

Try to be as independent as possible.

Try to participate in activities with health professionals.

Try to get dressed in your normal day clothes.

Try to stay awake and active during the day and sit out of bed when you can.

Try to do your daily exercises and walks as advised by your physiotherapist.

Remember, if you don't use it you won't improve it!

### *Family support is important*

Family and friends play an important part in your Gem Plus journey. They can:

- bring in your toiletries and slippers
- visit you and read the paper with you
- walk with you as advised by your physiotherapist
- take you down to the family room
- come in at meal times and help you with your meal if required
- be supportive and encouraging during your GEM stay
- bring in familiar belongings to make you feel more at home.

### *Staff and services available on GEM Plus*

– Medical Consultants  
*Michael Murray, Benny Katz, Emerald Ong*

– Registrars and Resident Medical Officers

– Nurse Unit Manager  
*Liz Clarkson*

Please speak to staff if you wish to use any of the following services:

- Physiotherapy
- Occupational therapy
- Speech pathology
- Nursing
- Dietitian
- Social work
- Podiatry

If you, your family or carer have any questions please contact the doctors or nurses looking after you.

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#### Mission

Our health service is based on and driven by our quest for:  
Compassion – Justice – Human Dignity – Excellence – Unity

*Welcome to GEM Plus*

Information for patients, families  
and carers

### *What is GEM Plus?*

GEM stands for Geriatric Evaluation and Management.

GEM Plus is a sub-acute area located on level 8 (known as 8 West) within the main hospital at St Vincent's.

There are four GEM Plus beds. These are in rooms one and two, which can each accommodate two patients.

GEM Plus is a modified rehabilitation program for older people who have complex care needs and who need to work closely with medical staff, nurses, physiotherapists, occupational therapists, dietitians, speech therapists and social workers.

An individualised treatment plan is developed for each patient, taking into consideration the individual's preferences and that of their families/carers.

GEM Plus is a short stay unit. If a longer timeframe is required then you may be transferred to a longer stay ward.

### *Why have you been moved into GEM Plus?*

In order to be admitted to GEM Plus you would have been assessed by St Vincent's Aged Care Assessment Service (ACAS) as appropriate for this service.

GEM Plus offers rehabilitation to improve your level of functioning before your discharge from hospital. A transfer to GEM Plus is coordinated with your treating doctors.

### *How is GEM Plus different to the rest of the ward?*

GEM Plus is staffed by health professionals specialising in aged care.

GEM Plus has a rehabilitation focus designed to assist your functional independence after recovery from illness.

### *How long will you be in GEM Plus?*

This can vary from person to person depending on how quickly you improve and achieve your goals.

The average length of stay is 7–10 days and many people will be able to return home at this stage.

If you need a longer period of GEM you may be moved to the GEM unit in the Bolte Wing of St Vincent's or to the GEM unit at St George's hospital in Kew.