

Where will I stay?

Our specialist Geriatric Evaluation and Management (GEM) wards are:

Timor 6:

Located at Repatriation Health Precinct

and

Whittaker:

Located at Noarlunga Hospital.

The GEM Triage Nurse Consultant will determine to which ward you are best suited.



GEM wards provide care for elderly patients that may be affected by frailty, cognitive impairment, delirium, dementia and the consequent confusion that at times can be disruptive.

Both wards offer restorative care with access to fully-equipped gyms and therapy kitchen space.

At Repatriation Health Precinct, car park number 3 is the closest to the ward. There is no charge for parking, but it is limited to 3 hours. There is Disability Car Parking throughout the precinct.

At Noarlunga Hospital, the car park is located at the front of the hospital. The first two hours are free and then a cost applies. Disability Parking at Noarlunga Hospital is free.

We provide restorative care for relearning and retraining to acquire the strength and skills needed for you to achieve your maximum potential.

We are here to help.



For more information
GEM Triage Nurse Consultant

Phone: 0401 146 741

8am – 4pm Monday to Friday

Whittaker, Noarlunga Hospital

Phone: 8384 9393

Timor 6, Repatriation Health Precinct

Phone: 7117 5251



This document has been reviewed and endorsed by consumers.



Interpreter



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Geriatric Evaluation and Management Wards

Timor 6
Repatriation Health Precinct

Whittaker
Noarlunga Hospital



Health
Southern Adelaide
Local Health Network

Welcome to the Geriatric Evaluation and Management Unit (GEM)

How can we help?

Our aim is to support you to be as independent as possible on your return to community living.

We provide health care services unique to ageing. This includes comprehensive assessment and care planning in consultation with you, your family/ carer and relevant community services.

GEM wards provide a short term restorative program. This consists of physical activities, such as exercise in the gym, participation in functional tasks such as meal preparation, and social activities.

Our team consists of highly skilled staff including medical, nursing, allied health, patient support and our valued volunteers.

Please ask if you would also like the support of our Aboriginal liaison unit, spiritual care team or interpreter services.

GEM staff are committed to providing personalised care to all patients and to ensuring that patients who have experienced difficult life events feel safe and supported on our wards. Please speak to one of our staff members if you have particular preferences, or need extra support.



What to expect from my stay?

We view your time with us as a partnership between you, your family/carer and us. Your family/carer is welcome to attend our ward rounds – when we meet at your bedside to discuss your progress and needs. Please ask staff for more information.

Soon after your arrival, our team will work with you to assess your current abilities and then develop a therapy program aimed to achieve realistic goals for your stay.

You will generally be seen for daily therapy sessions to improve wellness and independence.

Your length of stay will vary based on your individual needs. At the end of the program, we support your transfer to another facility if you are not yet able to discharge directly back to your preferred destination.

What should I bring?

Please bring:

- Comfortable day clothes
- Flat walking shoes
- Slippers - not slip-ons
- Night clothes
- Toiletries
- Glasses and hearing aids with batteries, if used
- Any specialised walking aids you usually use (frame, stick etc.)

What will I do?

As part of our partnership, please participate where possible by:

- Getting dressed every day
- Sitting out of bed during the day
- Self-showering and toileting
- Walking regularly
- Using the gym equipment and doing gentle exercise under the instruction of our Physiotherapists
- Doing functional tasks such as meal preparation
- Attending a meeting with your next of kin and team representatives to discuss your admission and plan your discharge.

What to expect when I leave

Staff will assist you to get ready to leave by **10am** on the day of your discharge.

If you are returning home, we can loan equipment for a short period of time if required.

On discharge:

- We make a follow up appointment with your GP.
- We send a summary of your stay and your discharge plan to your GP and you will also be provided with a copy.

