



**Brisbane**  
PRIVATE HOSPITAL



# Patient Information Directory

For further details see our website:  
[www.brisbaneprivatehospital.com.au](http://www.brisbaneprivatehospital.com.au)

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## Welcome

On behalf of our staff and volunteers, welcome to Brisbane Private Hospital.

Our aim is to make your stay with us as comfortable as possible and to assist in every way we can with your care and treatment.

We pride ourselves on our reputation for professionalism; our friendly, caring approach; and for providing quality care to every patient, every time.

Please do not hesitate to speak up if you have any concerns.

**Please take a few moments to leaf through this information booklet to familiarise yourself with our facility and processes.**



## Alcohol Policy

Visitors or patients are not permitted to bring alcohol into the hospital. Alcohol can have significant adverse effects when combined with medications.

## Bedrooms & Your Accommodation

Your room has been designed with your comfort and safety in mind. At the time of your admission, a bed will have been allocated on the basis of clinical needs and bed availability. All rooms in our hospital have an ensuite bathroom.

Private rooms include access to a safe and a closet for clothes and storage.

## Car Parking

We have paid car parking on-site, but you may need to park in the streets surrounding the hospital or in other commercial parking if this is not available. Metered parking is available on the surrounding streets of the hospital.

There is also a pick-up and drop-off zone at the front of our hospital. Our patient pick-up and drop-off zone is directly off Wickham Terrace. Only passenger vehicles are allowed and the driver must remain with their vehicle.

The following paid car parks are available near the hospital

- Wilson Watkins Medical Centre Car Park via Bartley St, off Wickham Terrace.
- Wickham Terrace car park on the corner of Upper Edward St and Wickham Terrace.
- Astor terrace car park is located on 28 Astor Terrace.

## Chaplaincy

A multiple denominations and chaplaincy service is available upon request. Please ask the ward staff to arrange a visit for you or alternatively, contact the Hospital Coordinator on Ext. 6183 from the phone next to your bed.

## Cleaning & Housekeeping

Our housekeeping staff will clean your room and ensuite daily. Please let us know any concerns you have regarding your room.

## Clinical Bedside Handover

To ensure that your care is accurately handed over to ongoing staff members, you will notice that staff undertake a discussion of your care at your bedside. Please use this opportunity to engage with our staff if there is anything that you believe they need to know about your care, or if you are concerned about any aspect of your health and wish to see a doctor.

## Code of Conduct for Patients & Visitors

Healthscope has established a code of conduct for its employees. Our code of conduct requires us to act in a manner consistent with current community standards and expectations.

As health care providers, we will continually strive to act in a courteous, caring manner and respect your needs.

**As a patient or visitor coming into our facility, we ask that you treat our staff and others with courtesy and respect.**

**People not acting respectfully towards others may be asked to leave the facility.**

# Cognitive Impairment

## Patient & Carer Information

Cognitive impairment is a collective term that refers to people having difficulties with memory, thinking or communicating. It can be temporary or long term. For many people in hospital, delirium and dementia are common causes of cognitive impairment.

## Delirium

Delirium is an acute medical condition that occurs suddenly and may only last a short time. A person may feel confused and disorientated, and may be unable to pay attention. Carers and families will usually report that the person is not their normal self. Delirium may be caused by many different things, including a severe infection, lack of fluids and/or reactions to medicines. Delirium can have serious consequences if not identified early. Long term effects can be minimised if the causes are found and treated early.

## Dementia

Dementia is a collective term for a number of disorders that cause decline in a person's memory, judgment or language that affects every day functioning. Dementia is different from delirium because the decline is gradual, progressive and irreversible. The most common type of dementia is Alzheimer's disease.

A person living with dementia is more likely to develop delirium during their hospital stay than someone without dementia.

## Role of Family & Carers

Family members/carers can provide valuable information to the staff caring for the person with delirium. It is important to notify staff of any sudden change in a person's mental or physical condition.

## Who is at risk of developing delirium?

People who:

- Are very sick
- Have dementia or cognitive impairment
- Are 65 years or older
- Suffer from depression
- Have poor eyesight or other sensory deficits
- Take many medications
- Are having a surgical procedure, e.G. Orthopaedic or heart surgery
- Have an acute fracture.

## How does delirium start?

Up to a third of hospitalised patients can experience delirium at some stage of their care. Symptoms develop quickly, over hours or days. A person's behaviour can also fluctuate during the course of a single day.

Delirium is sometimes mistaken for dementia or depression, so it is important for family/friends to notify medical staff of any sudden change in a person's mental state.

## What causes delirium?

Common causes of delirium in older people include:

- Infection
- Multiple physical illnesses
- Constipation
- Dehydration / malnutrition
- Severe pain
- Taking many medications or stopping some medications
- Regular nicotine or alcohol consumption or withdrawal.

## What are the symptoms of delirium?

People with delirium may:

- Appear confused and forgetful
- Be unable to maintain attention
- Be different from their normal selves

- Be either very agitated or quiet and withdrawn or sleepy
- Be unsure of the time of day or where they are
- Have changes to their sleeping habits, such as staying awake at night and being drowsy during the day time
- Feel fearful, anxious, upset, irritable, angry or sad
- See or hear things that are not there, but may seem very real to them
- Lose control of their bladder or bowels
- Have disorganised thinking, rambling or irrelevant conversations.
- If agitated or aggressive, do not try to restrain them. Notify staff immediately.
- If unsettled, try distracting them by talking about pleasant topics or light-hearted stories they enjoy.
- Open curtains during the day for natural light.
- Keep room tidy and clear from hazards.
- When walking, use aids if needed. Bring in personal items such as clothing, photos, favourite music etc.
- Let staff know any special personal information that may help calm or orientate them; such as names of close family, friends or pets, hobbies, significant life events etc.

### How is delirium treated?

Delirium is generally associated with an underlying physical illness, however, it is not always possible to identify the cause. Staff will do a thorough medical assessment to look for and treat the underlying cause of the delirium.

### How long does delirium last?

Delirium can last for a few days but sometimes it will continue for weeks or even months.

Delirium is associated with an increased risk of:

- Falls
- Pressure injuries
- Longer length of stay in hospital
- Incomplete recovery
- Requiring residential placement
- Dying.

### Will delirium reoccur?

People who have experienced delirium do have a higher chance of developing delirium again.

### How can you help care for someone with delirium?

- Have familiar family or friends visit them.
- Assist them to use hearing aids or glasses if they are needed.
- Face them and speak slowly, in a clear voice.
- Identify yourself and them by name.
- Avoid confrontation or arguing. Remain calm.

### Advanced Care Planning

Advanced care planning is a process to help people plan medical care in advance so if they become too unwell to make decisions for themselves, their wishes can still be respected by health care teams, family and carers. It includes appointing a power of attorney if this has not already been done. If you would like more information, brochures are available or talk to your specialist or GP.

### Helpful Contacts

#### Alzheimer's Australia

[www.fightdementia.org.au](http://www.fightdementia.org.au)  
Phone: 1800 100 500

#### Australasian Delirium Association

[www.delirium.org.au](http://www.delirium.org.au)

#### My Aged Care

[www.myagedcare.gov.au](http://www.myagedcare.gov.au)  
Phone: 1800 200 422

If you have any questions or concerns about delirium, talk to your doctor.

### References:

Australian Commission on Safety and Quality in Healthcare.

- Delirium Clinical Care Standard. Sydney: ACSQHC, 2016. Australian Government. Department of Health and Ageing.
- Delirium Care Pathways 2010.

## Complaints Management

Despite our best efforts, sometimes things just don't go as planned. If you have any concerns or complaints regarding your care during your stay, please discuss them with the Nurse Unit Manager or alternatively, contact our Quality Manager on ext. 6754.

We welcome any feedback, negative or positive, to help improve our services.

## Discharge Planning

The nurse looking after you will coordinate and plan appropriate services for a safe and timely discharge from hospital, whether this be to your home or to another facility.

Our key objective is to improve clinical care and provide better handover of care between the acute hospital setting and home.

Please remember to take your personal items from the safe on your discharge.

## Electrical Appliances

If you have brought any electrical appliance with you, (such as an electric razor, hair dryer etc.) please advise your nurse. It is essential that these appliances be checked by appropriate staff prior to use at the hospital, to ensure they comply with the hospital's safety policy.

## Escalation of Care

### For Visitors

How to alert staff if your family member or friend is not feeling well:

- Speak directly to the nurse caring for your family member or friend you are visiting.

- Press the emergency button located on the wall in the bedroom or bathroom.
- Contact the Hospital Coordinator from the phone in your room by dialling ext. 6183, or press 0 for a line. To reach the Hospital Coordinator via mobile, call 0418 235 397.

Changes can be psychological or physical. They include behaviours that are unusual for the person, medical concerns, and deterioration in mood, thoughts and feelings.

## Nurse Call System

### For Patients

Bedside handsets include a 'nurse call' facility to enable you to contact your nurse at any time of the day or night. The handset also controls the television, radio and lighting. Your admitting nurse will instruct you on its use.



## Feedback – Your Feedback is Important to Us

You are at the centre of why we do what we do, and your feedback will help us improve the services and care we provide.

We would like to email you a short online survey approximately one week after you are discharged. If you would like to provide feedback, all you need to do is complete these two simple steps:

1. Provide your email address on admission to the reception staff if you have not done so already. It will only be used for the survey and nothing else.
2. Complete the survey when you receive the link.



## Flowers & Gifts

As required, flowers and gifts will be delivered to each patient's room – with the exception of the Intensive Care Unit, where flowers are not permitted. Vases are available on request. Plants in soil are a health risk and are not permitted within the hospital.

## Health Safety & Infection Control Obligations

Very important: Please take note of the hospital's current COVID-19 infection control prevention measures in place.

Our hospital recognises its obligation to provide and maintain a safe and healthy environment for employees, patients, contractors, visitors and others. This commitment extends to ensuring that the operation of our hospital does not place the community or the environment at risk of injury, illness or damage. We ask that you comply with any such requests that you are made aware of.

Please note, in particular, which hand washing protocols apply to you, your friends and carers.

Safe hand washing practice minimizes the risk of infection, which is extremely important for your health outcome post-surgery.

When coughing or sneezing, use a tissue to cover your nose and mouth, and where possible sneeze into your elbow. You must dispose of the tissue appropriately afterwards.

Wearing of surgical masks will be at the discretion of your doctor and the current hospital infection control measures.

After coughing, sneezing or blowing your nose, wash your hands with soap and water.

Use alcohol-based liquids, gels or wipes if you do not have access to soap and water.

We do hope you have enjoyed your stay and wish you well on your road to recovery. The next bit of reading is important health information.

## Infection Control

Brisbane Private Hospital has an Infection Control Program to ensure that both patients and staff are protected from acquiring infections. Even though every measure is taken to prevent patients acquiring infections, it would assist us if you could follow these precautions during your stay:

- **Hand hygiene** – Perform hand hygiene by either washing your hands or using the alcohol-based hand rub before meals and every time you use the bathroom. Don't be afraid to ask our staff if they have cleaned their hands.
- **Ensure visitors are well** – Check that friends and family are free from fever, chills, cough, vomiting or diarrhoea before they visit. Some illnesses from the community can make our patients unwell.
- **Food safety** – Ensure that if family/friends bring food into the hospital for you to eat, it comes in sealed containers that have been carried in an esky/cold bag, and that the containers are placed straight into the fridge with a date and patient label on each.
- **Cough Etiquette** – Remember to cover your cough, perform hand hygiene and put used tissues straight into the bin.

Your cooperation in helping us to maintain a high standard of infection control is appreciated.

# We Are Here to Protect You

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We have many safety processes in place to provide the safest hospital environment we possible can. We are determined to keep you safe from COVID-19 and to prevent infections of any kind.

These processes include:

- Robust screening of every person that enters the hospital;
- Restrictions on who can be on site to limit the people traffic;
- Numerous measures taken to empower social distancing within the hospital;
- Thorough and effective cleaning services;
- A pandemic training program to ensure our staff are ready for any situation; and
- High standards of safe clinical care and staff hygiene.

## What can I do to help?

In order to stay safe during your visit, we ask that you be very mindful of the following:

- Clean your hands regularly with soap and water or the alcohol hand foam.
- If you have a cough or need to sneeze, cover it with a tissue or your elbow.
- If you are unwell with respiratory issues, you may be asked to wear a surgical mask. Staff will show you how to put them on.
- Report any changes in your health to your Doctor or Nurse.

## How do I cope with all of this?

With the COVID-19 pandemic, we are faced with many social and psychological issues. Some suggestions to help during your stay are:

- Stay in touch with family and friends on the phone or video chat during your stay.
- Ask questions. If you have anything you are worried about regarding your safety or your health, we are here to help you with these issues. Just ask.
- When talking to healthcare workers or other patients in the hospital- please be mindful of social distancing.

## What is social distancing?

Social distancing means simply trying to stay 1.5M away from people at all possible times.

- Sometimes in healthcare provision, it is impossible to do this. The Government has ruled these times as exemptions.
- However for everybody's safety, we recommend using this principle when and where it is possible.

## Why do we need to do all of this?

COVID-19 numbers have been slowed in Australia, but we can not afford to get complacent now. Should we relax these measures, we risk getting very badly affected by the pandemic.

**Brisbane Private Hospital are here to help our patients and serve the needs of our community.**

## Internet & Wi-Fi Access

To access our free Wi-Fi, please follow the below instructions.

1. Select 'Healthscope – Wi-Fi' from the list of available networks on your device.
2. Launch your internet browser and open a page.
3. Follow the prompts and agree to the terms and conditions.
4. Wait for registration to take place and off you go!

## Interpreter Services

An accredited interpreter service can be arranged where deemed necessary.

Brisbane Private Hospital is registered with TIS National, a government interpreting website.

A 24-hour telephone hotline is available, however in-person interpreters require 24 hours' notice to be on-site. This is a complimentary service.

## Keeping a Step Ahead of Falls

It is surprisingly easy to fall or slip while in hospital. It's an unfamiliar environment and some medications can make you tired or may affect your balance.

Always take special care when walking or getting to your feet. We also request you wear well-fitting footwear during your stay.

Remember to turn your lights on at night.

For further information, please see the 'Keeping a Step Ahead of Falls' brochure available at the Nurses Station.

## Mail

You can send and receive mail and faxes during your stay at Brisbane Private Hospital.

Outgoing mail may be given to the ward clerk or left at the main reception desk on the ground floor, and will be posted daily. Mail received after you leave the hospital will be forwarded onto your home address.

## Meals & Catering

Meals and refreshments are served between the following times:

Breakfast	8.00am–8.30am
Lunch	12.00am–12.30pm
Dinner	5.00pm–6.00pm

Each morning you will receive a menu for breakfast, lunch and dinner, along with morning tea, afternoon tea and supper. Our menu monitors will collect the completed menu selection. If you have any questions at all, please don't hesitate to ask.

If you have any concerns about special dietary needs, please discuss with your nurse, the menu monitors and catering staff.

If you are admitted after the menus have been collected, a menu monitor will visit you to arrange your meals.

We have extensive menus covering all dietary needs, including but not limited to, gluten-free, dairy-free, vegetarian and vegan diets.

During your hospital stay your doctor may request that you have a specific diet. This diet is related to your clinical condition and your stage of recovery. For this reason, any food brought to you by visitors should only be consumed in consultation with your nursing staff.

# My healthcare rights

This is the second edition of the **Australian Charter of Healthcare Rights**.

These rights apply to all people in all places where health care is provided in Australia.

The Charter describes what you, or someone you care for, can expect when receiving health care.

## I have a right to:

### Access

- Healthcare services and treatment that meets my needs

### Safety

- Receive safe and high quality health care that meets national standards
- Be cared for in an environment that is safe and makes me feel safe

### Respect

- Be treated as an individual, and with dignity and respect
- Have my culture, identity, beliefs and choices recognised and respected

### Partnership

- Ask questions and be involved in open and honest communication
- Make decisions with my healthcare provider, to the extent that I choose and am able to
- Include the people that I want in planning and decision-making

### Information

- Clear information about my condition, the possible benefits and risks of different tests and treatments, so I can give my informed consent
- Receive information about services, waiting times and costs
- Be given assistance, when I need it, to help me to understand and use health information
- Access my health information
- Be told if something has gone wrong during my health care, how it happened, how it may affect me and what is being done to make care safe

### Privacy

- Have my personal privacy respected
- Have information about me and my health kept secure and confidential

### Give feedback

- Provide feedback or make a complaint without it affecting the way that I am treated
- Have my concerns addressed in a transparent and timely way
- Share my experience and participate to improve the quality of care and health services



## Medication

Your medication will be given to you by the nursing staff as ordered by your doctor, unless they have advised the nursing staff that you can self-medicate.

Any unused medication will be returned to you on discharge.

In the interest of safety, please do not keep any medication (even Panadol etc.) in your room or on your person. Taking medications that should not be taken after surgery can have serious consequences.

Prior to your discharge, your doctor will have decided what medication you will be sent home with. The hospital pharmacy will deliver your medication to you and give you a comprehensive explanation regarding the use of the medication.

## On-Site Coffee Shop

Hudson's Coffee Shop is located at the front of the hospital on Wickham Terrace.

Opening Hours:

(Please note the opening hours vary at the moment due to CO-VID19 restrictions)

Monday to Thursday 6.30am–5.00pm

Friday 6.30am–4.00pm

Saturday 8.00am–2.00pm

Sunday Closed

[www.hudsonscoffee.com.au](http://www.hudsonscoffee.com.au)

Alternatively, there are also numerous cafes located a short stroll from the hospital along Wickham Terrace, whilst in-house vending machines are available in the Level 3 lobby of the carpark.

## Paediatric Patients & Their Parents

As a parent/carer, we would encourage you to remain with your child during their hospitalisation.

The hospital can accommodate one parent/carer to stay overnight with the child.

The hospital will supply:

- Dinner and breakfast for the child and parent/carer staying overnight.
- Lunch for the child.
- Free Wi-Fi.
- Coffee, tea and hot chocolate.
- A toaster station.
- Colouring pencils, stickers, colouring pages.
- A toy room.
- A kitchenette.
- A recliner for the parent/carer staying overnight.

## Patient Transport – Provision & Cost

Under certain circumstances, patients may be responsible for ambulance transport costs.

If you reside in a regional area, you may be entitled to The Patient Travel Subsidy Scheme (PTSS).

The PTSS provides financial support for travel and accommodation for eligible patients needing to travel to access specialist medical services.

If you live in Queensland and have been referred by a clinician to a specialist medical service that is not available at your local public hospital, you may be eligible for a subsidy.

<https://www.qld.gov.au/health/services/travel/subsidies>

## Patient's Rights & Responsibilities

At Brisbane Private Hospital, we are committed to giving you the very best possible care and providing you with health information that is easy to understand.

A flyer about your rights and responsibilities as a patient is given to you in the welcome pack. Copies of the brochure are also available at Reception and the Nurses' Station.

Our hospitals 'Rights and Responsibilities' brochure and policy are consistent with the Australian Charter of Healthcare Rights.

If you have any questions about your rights and responsibilities, please see your contact nurse.

All staff will respect the rights of patients, as outlined in the brochure.

## Personal Effects, Money & Valuables

We request that you don't bring valuables or large amounts of money into the hospital. It is important to note that we do not accept responsibility for the loss of, or damage to any property you choose to keep in your room (e.g. money, glasses, dentures, jewellery, mobile phones, IT equipment etc.).

While you are undergoing your procedure, your personal effects will be locked away in your ward. Once you are settled in the ward, your personal effects will be delivered to you.

## Personal Laundry

Personal laundry services are not available at Brisbane Private Hospital. Please send your personal laundry home with family.

## Prevention of Pressure Injuries

A pressure injury is also known as a pressure ulcer, pressure sore or bed sore. A pressure injury is an area of damaged skin and flesh. It is usually caused by sitting or lying in one position for too long, without moving to relieve the pressure.

A pressure injury can develop in only a few hours. It usually starts with the skin changing colour – it may appear slightly redder or darker than usual. If the pressure is not relieved, in a few days it can develop into an open blister, and over a long period of time it can develop into a deep hole in the flesh.

Check your skin regularly and advise staff if you have any tenderness or soreness over a bony area or if you notice any reddened, blistered or broken skin.

Your nurse will inspect your skin as part of your pressure injury prevention assessment. Bathe or shower in warm, *not hot*, water using a mild cleanser or soap, and dry your skin gently afterwards.

## Privacy Policy

At Brisbane Private Hospital, we comply with the *Privacy Act (1988)*, and manage personal information, including health information, in accordance with legislation.

We will only disclose information you provide to us to individuals you approve. You will be asked to name these people during the admission process.

Brisbane Private Hospital takes privacy and confidentiality very seriously and has strict policies to protect you and your health information.

A flyer about privacy is given to you in the welcome pack. Copies of the 'Privacy Policy' brochure are also available at Reception and the Nurses' Station.

## Smoking

Brisbane Private Hospital is a smoke-free facility. If you need assistance to cease smoking while in hospital, please speak with your nurse.

## Taxi

There is a taxi rank directly in front of the hospital on Wickham Terrace. Taxi butler buttons are available to call a taxi – these are located in the hospital main foyer next to the foyer way finder.

## Telephones

All patient rooms are equipped with bedside telephones. All call costs are complimentary, however STD and international numbers are unavailable.

To make an external call, dial 0 followed by the number required.

To contact reception, dial 9.

## Television

Televisions are provided in each room. Our hospital has Foxtel, including the following channels:

- Comedy
- Fox League
- Fox Sport
- Discovery
- Fox8
- Lifestyle
- Nickelodeon
- Showcase

Also available are selected free-to-air channels on some TVs.

## Visiting Children

Hospitals can present hazards, therefore children must be accompanied by an adult at all times.

## Visiting Hours for Damascus Health Services

Under the CO-VID19 restrictions visitors are not allowed during this time.

## Visiting Hours for General Wards

Visiting hours are flexible, however they are also subject to change due to extenuating circumstances (eg. COVID-19 restrictions). Please speak to nursing staff for up-to-date information.

## Visiting Hours for the Intensive Care Unit

Under the CO-VID19 restrictions visitors are not allowed during this time.

## Local Community Services for Your Information

The following pages contain information on a curated range of local community services chosen to help you and your visitors during and after your stay.

Though a service's feature in the publication doesn't imply an endorsement on behalf of the hospital, we want to thank these service providers for their support, without which this publication would not be possible.

Please take the time to look through their services and consider their usefulness to you.



# Alzheimer's

## QUEENSLAND

### **AQ offer a range of residential living options in Windsor, Paddington and Upper Mount Gravatt**

We are dedicated to helping individuals find the right living arrangement... a place that values yesterday, today and tomorrow.

AQ residential options include:

- Permanent Residential Care
- Residential Respite
- Wellness Programs & Allied Health
- Secure Living
- Lifestyle Activities
- Palliative Care
- Carer Support
- Ageing in Place

### **Alzheimer's Queensland also operate Multi-Service Centres in Upper Mount Gravatt, Toowoomba, Ipswich and Gordon Park.**

AQ Centres aim to support individuals, build relationships, pursue interests and maintain independence, while simultaneously providing their carer or loved one with a temporary break from their caring role.

Offerings include:

- CDC home care packages
- Personal care
- 24-hour flexible respite
- Dementia nursing in the centre or home
- Allied health
- Social support
- Carer support groups
- Ndis services
- Domestic assistance

Our additional functions:

- 24-hour advice line 1800 639 331
- Dementia workshops
- Dementia library
- home visiting allied health



**For further information call: 1800 639 331**  
email: [enquiries@alzqld.org.au](mailto:enquiries@alzqld.org.au) or visit us at [www.alzheimeronline.org](http://www.alzheimeronline.org)





# Age well, live better

## Home Care Packages services include

- Home Care Packages
- In-Home nursing care
- In-home respite and short-term residential respite
- Care Concierge support in navigating services
- Personal care
- Transport services
- Social activities and community participation
- Health and Wellbeing Services including Physiotherapy, Occupational Therapy, Podiatry and many more

## Residential Aged Care right on your doorstep

- Wheller Gardens, Chermside
- Sinnamon Village, Sinnamon Park
- Bethesda Caring Centre, Corinda
- Anam Cara, Bray Park
- John Wesley Gardens, Geebung

To find out more or to book a free consultation  
call **1800 448 448** or email [contactus@wmq.org.au](mailto:contactus@wmq.org.au)

[www.wmq.org.au](http://www.wmq.org.au)



THE

mill



PHARMACY

## PHARMACY

Monday – Friday

7am to 5:30pm

Saturday 7am to 10am

**P 07 3839 1636**

**M 0411 866 886 F 07 3831 5535**

[pharmacist@themillpharmacy.com.au](mailto:pharmacist@themillpharmacy.com.au)

## ESPRESSO BAR

serving Campos Coffee

Monday – Friday

6:30am to 3pm

**P 07 3839 0053**

**F 07 3831 5535**

[espresso@themillpharmacy.com.au](mailto:espresso@themillpharmacy.com.au)



THE MILL PHARMACY

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ESPRESSO BAR

PROUDLY SERVING



Fang-Chin Phua-Wu *B. Pharm M.P.S* (Proprietor)

Watkins Medical Centre, 225 Wickham Terrace, Spring Hill, 4000

[www.themillpharmacy.com.au](http://www.themillpharmacy.com.au)



**hudsons**<sup>™</sup>  
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Located at hospital front entrance



**Great coffee, cold drinks, sandwiches and snacks.  
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# DON'T RISK IT EARLY DIAGNOSIS SAVES LIVES



## Molechex Offers:

- Free Parking
- No Referrals Needed
- Advanced Skin Trained Practitioners
- Same Day Appointments
- Specialist Plastic Surgeon
- Bulk Billing Consultations

Online Bookings Available  
[www.molechex.com.au](http://www.molechex.com.au)

## MOLE CHEX

MELANOMA SCAN & SKIN CANCER CLINIC

**Annerley:** 268 Ipswich Road.  
Annerley. 4103

**Coorparoo:** 262 Old Cleveland Road  
Coorparoo. 4151

**Carindale:** Westfield Carindale (next to Aldi)  
Creek Road  
Carindale. 4152

**PH: 3397 1999**

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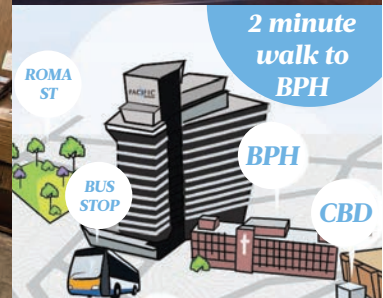
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Aged care can be daunting, and one of the biggest decisions your family will make. Beyond the consideration of the right care, there is also the financial side. Fees and charges, government regulations, strange terminology, it can become very stressful when there are health concerns of a loved one involved.

That is exactly why Care Solutions was created. Our free service helps families and health professionals. We give clarity during an often confusing time, helping to tailor fees and financial arrangements to create the right solution for individual circumstances.

We receive no percentage, commission or payment from families or the government. It's all about making aged care simpler and less stressful. Call the Care Solutions team today.

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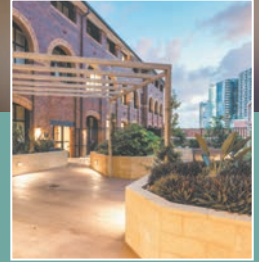
Aged Caring  
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# Six Ways to Beat Heart Attack

## 1. Check your Blood Pressure

High blood pressure often gives no warning signs and it is necessary to have it checked regularly by your doctor. High blood pressure sharply increases the risk of heart attack, stroke and other conditions if it goes undetected and untreated. With proper medical treatment this disease can be brought under control in most cases.

## 2. Don't Smoke

Smoking greatly increases your risk of heart attack. It is never too late to stop, as evidence shows that damage can be very quickly reversed. Do not smoke cigarettes and discourage your family and friends from smoking.

## 3. Reduce Blood Fats

A high level of blood fats (cholesterol and/or triglycerides) increases the risk of heart attack. With moderated changes in your diet, your blood fats can be reduced to a safer level. This means reducing total fat intake, particularly saturated fats, and cholesterol in rich foods. A balanced diet is necessary for good health. Ask your doctor for advice or contact the National Heart Foundation in your State for information on nutritional guidelines for you and your family.

## 4. Maintain Normal Weight

If you or your children are too fat the chances of developing health problems are increased. Ask your doctor for a sensible weight reducing diet or get the Heart Foundation's publication "Guide to Losing Weight." Bad food habits formed in childhood are hard to break in later life, so it is important your children follow a healthy eating pattern.

## 5. Improve Physical Activity

Exercise should be fun not a chore. Choose a physical activity you enjoy, make it a family affair, walk the dog, cycle around the park, swim, play tennis, take the family for a sail. Exercise regularly, your doctor can tell you what kind of activities will suit your age and physical condition.

## 6. Have Regular Check-ups

Regular check-ups enable your doctor to detect and treat conditions that can lead to heart attack and other forms of heart and circulatory disease.





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## Eureka Wynnum

Eureka Village Wynnum offers an enjoyable, peaceful and relaxing lifestyle, set in amongst the beautiful gardens and grounds that the village has to offer. The open plan style of our units enables ease of movement with no steps, allowing easy access for walking frames and wheelchairs.

Each unit has ceiling fans and/or air conditioning, a spacious living area, galley style kitchenette, a large airy bedroom with a built-in wardrobe, a purpose built ensuite bathroom and an individual courtyard that is perfect for an outdoor setting and pot plants.

Eureka Villages Wynnum is conveniently located within walking distance of public transport and only a short drive to the doctors, shopping centre and hospital. This gives the residents of our community the ability to explore Wynnum simply, quickly and with ease.

**Enquire for an inspection today!**

### Village Features:

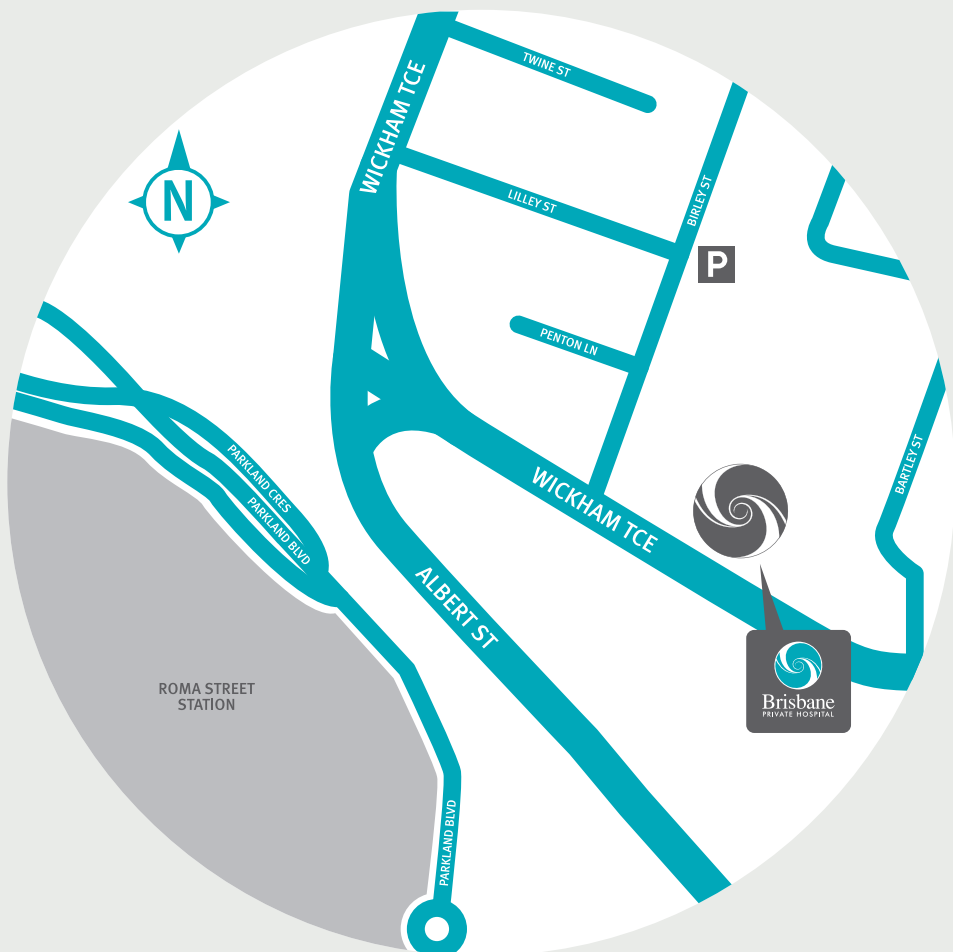
- ✓ One bedroom unfurnished units
- ✓ Delicious home-style meals prepared daily
- ✓ On-site village managers
- ✓ A focus on health and safety
- ✓ Well maintained landscaped surrounds
- ✓ Pet friendly units
- ✓ Village has a secure gated complex
- ✓ No buy in fees – Hassle free rentals only
- ✓ No expensive upfront or exit fees

[www.eurekavillage.com.au](http://www.eurekavillage.com.au)

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