

# What to Expect During Your Stay



## 1. Your First 24 Hours

- You'll be warmly welcomed by our friendly hospital staff, who will help you settle in and show you around, so you feel comfortable from the start. On your first day, you'll complete any necessary paperwork with our support, so everything is taken care of, and you can focus fully on your wellbeing for the rest of your stay.
- Your allocated nurse will meet with you to go over your needs, answer any questions, and ensure you feel safe and supported.
- You'll be introduced to the daily routine, including meal times, group therapy, and quiet times.
- You will be seen by a psychiatrist
- You'll have time to rest, get familiar with your surroundings, and begin to feel more comfortable

## 2. A Safe, Supportive Environment

- The hospital is designed to be calm, respectful, and welcoming.
- Staff are trained in trauma-informed care, meaning they understand how to support you with compassion and sensitivity.

## 3. Personalised Care from a Compassionate Team

- You'll be supported by a team of professionals including your treating psychiatrist, nurses, psychologists, social workers, dietitians, chaplains, and pharmacists.
- Your care is tailored to your needs, with your wellbeing and dignity always prioritised.

## 4. Setting Goals Together

- You'll work with your care team led by your treating psychiatrist to set meaningful goals for your recovery.
- These goals will help guide your journey and give you a sense of direction and purpose.

## 5. Learning Practical Skills

- You'll take part in group therapy sessions that help you:
  - Improve your mood and emotional wellbeing
  - Manage distress and anxiety
  - Strengthen communication and relationships
  - Build confidence and resilience

## 6. Reflecting and Understanding

- You'll have time and support to explore what brought you to hospital.
- You'll gain insight into your experiences and learn healthier ways to respond to life's challenges.

## 7. A Structured, Supportive Stay

- Your hospital admission duration will be determined by your treating psychiatrist in consultation with you.
- You'll take part in group therapy and education sessions tailored to your needs.
- Topics may include understanding depression, coping with anxiety and emotional regulation.

## 8. Time Away with Loved Ones (Leave)

- With your psychiatrist's approval, you may have the opportunity to spend short periods of leave with your loved ones during your stay
- This is always planned in advance and must be approved by your care team to ensure it's safe and supportive for your recovery.
- Leave can be a helpful step in building confidence and preparing for life beyond hospital.

## 9. Planning for Life After Hospital

- As your stay progresses, you'll begin preparing for your return home.
- You'll practise strategies to help you feel more confident and ready for everyday life.

## 10. Ongoing Support After You Leave

- You won't be left to manage on your own. Aurora Healthcare offers a range of day programs and, at certain hospitals, community care options to support you after discharge.
- These services are designed to help you continue building on the progress you've made, with flexible support that fits around your life.
- Whether you need short-term guidance or longer-term care, support is available for as long as you need — even if you reach out again in the future.



Find your local Aurora Hospital