

Your visit to Tresillian Wollstonecraft

RESIDENTIAL SERVICES

We look forward to welcoming you and your child to Tresillian Wollstonecraft Residential Services, a parenting support service for families with a child aged up to three years.

Tresillian Wollstonecraft Residential offers a live-in 4-night/5-day service supporting families experiencing parenting issues that require a more intensive level of assistance.

Our friendly team of Nurses, Social Workers, Psychologists, Psychiatrists, Paediatrician, and GPs are here to help you increase your confidence as a parent, answer your questions and provide guidance and practical advice.



ADDRESS:

Tresillian Wollstonecraft
25 Shirley Road, Wollstonecraft NSW 2065



CENTRALISED INTAKE UNIT

(02) 9123 8999
Available 7 Days, 8.00am - 4.30pm



EMAIL:

TFCC-Intake@health.nsw.gov.au



WEBSITE:

<https://www.tresillian.org.au/services-locations/locations/wollstonecraft-residential-services>



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander People as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and Victoria. We respect that Aboriginal and Torres Strait Islander People have lived in Australia for over 60,000 years and are recognised as having the oldest living continuous culture in the world, with unique languages and spiritual relationships to the land and sea. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present and acknowledge all Aboriginal and Torres Strait Islander people living in the communities we serve.



Partners/Support Person

A partner or a support person, such as a grandparent, is actively encouraged to participate during your stay. Letters of attendance for work purposes can be arranged.



Family Information Details Form

If you have not already sent it, please bring your completed Family Information Details Form with you on arrival. If you are attending with more than one child, you will need to complete a Family Information Details Form for each child.



How long is a Residential Stay?

Families live-in at Tresillian for 4-nights, 5-days.



Confirmation of Admission

Approximately 48 hours prior to your admission you will be contacted by a Tresillian staff member to confirm your admission date and time.



On the day of the Admission

It's important that you arrive on time for your admission. If you need to change your admission date or time, **please contact Centralised Intake on (02) 9123 8999** as soon as possible during business hours.



On the day of the Discharge

Discharge time is 9 am.



Meals

All meals are provided, and wherever possible dietary requirements are catered for. You are welcome to bring in your own prepared snacks. If you have significant dietary requirements **please contact Centralised Intake on (02) 9123 8999**.



Cost

Child and Admitted Adult (Parent/Carer)

Fees are covered by Medicare and/or by your Private Health Insurance.

Partner and others (i.e. support people)

A boarder fee per night applies to cover bed and meals.

Accounts for partners

Are required to be paid on admission by EFTPOS, MasterCard or Visa (no other credit cards or cash can be accepted).



Illness

If you or your child are unwell with infection or illness, **please contact Centralised Intake on (02) 9123 8999** to re-book your residential stay.



Private Health Insurance

Informed Financial Consent

Prior to your admission, you are encouraged to speak with your health fund to discuss.

Your stay with Tresillian will be covered by your Private Health Fund. Tresillian will arrange for any excess and/or gap fees that may apply to be waived.

Before your stay Tresillian will contact your health fund to perform an eligibility check to ensure that you have the correct level of private health coverage to fund you and your child's stay at Tresillian. If you are not eligible to use your health fund, then Medicare will cover the costs for you and your baby.



Immunisation

Tresillian Family Care Centres admit immunised, partially immunised, and non-immunised children, but the level of your child's immunisation may affect your admission. If your child is:

Fully immunised - there is no impact on the timing of your admission.

Partially immunised - the timing of your admission may be affected, depending on which vaccine preventable disease your child may have come in contact with. If your child is not immunised and has been in contact with someone with a

vaccine preventable disease before your admission, your admission may need to be postponed. **Please contact Centralised Intake on (02) 9123 8999** to discuss this further if you think your admission may be affected.



Medical Consultation

Children

All children admitted to a residential unit will be seen by a Paediatrician employed by Tresillian. The consultation does not include the management of pre-existing conditions which have not been reviewed by a medical practitioner or stabilised prior to admission.

Common pre-existing problems include:

- A child who has frequent vomiting with feeds and gastro-oesophageal reflux is suspected.
- A child with significant eczema which is disrupting sleep.
- Acute illness or a deterioration of an existing condition, for example, asthmatic.
- Assessment of suspected food allergies.

Parents

The parent admitted to Tresillian residential will be seen by a GP during the residential stay. The consultation does not include the management of pre-existing conditions which have not been reviewed by a medical practitioner or stabilised prior to admission.



Medication for your child

If your child is on any **prescribed medication**, it is necessary to bring the medication:

- In the original container received from your pharmacy.
- With the original contents you received from your pharmacy.
- With the original label on the container from your pharmacy.
- The medication must be given as per the directions on the label.

If your child is on any non-prescribed medication on admission, they will need to be ceased until your child is reviewed by the Paediatrician during your residential stay.

***IF YOU OR YOUR CHILD HAS BEEN PRESCRIBED AN EPIPEN, PLEASE BRING THIS WITH YOU AND YOUR ASCIA ACTION PLAN**



If You Have More Than One Child Being Admitted

If you are being admitted with more than one child it's recommended that your partner or a support person come along during your stay. Unfortunately, we're unable to accommodate siblings that are not being admitted into the residential unit but they are most welcome to visit.



Parenting Groups

Parenting Group programs will be advised on admission.



Amber Teething Necklaces and Bracelets

Teething necklaces and bracelets have been identified as choking hazards for children aged under five years. Therefore these items are not for use during admission to a Tresillian service.



Baby Slings

Tresillian does not advocate the use of 'baby slings' during admission to a Tresillian Centre.



Baby Walkers

Due to the increased risk of falls and injuries, baby walkers are not permitted for use at Tresillian during your stay.



Portable Electric Appliances

- Electronic formula making appliances are not permitted.
- Appliances such as TVs and aromatherapy burners are not to be brought to Tresillian for safety reasons.
- Any electrical appliance you bring to Tresillian must be in good working order.



Baby Apnoea Monitors

If a child is identified as using a home apnoea monitor due to a medical condition, the parent must be proficient with use of the monitor, the monitor should be battery operated and they will be asked to provide a letter from their medical specialist outlining:

- The reason/s for use of the monitor
- Any investigations undertaken and planned medical management plan
- Medication requirements



Smoking Policy

To promote and protect the health of our community, all Tresillian buildings and grounds are smoke free.

Any drugs, non-prescribed medication and alcohol are not permitted on the premises. If you require assistance with quitting smoking please call the QUITLINE on 137848 (13 QUIT).



Respecting others

You have the right to be treated with respect and we ask that you show this courtesy to others. This includes not harassing, abusing, threatening or pushing any other person, including staff members, due to the risk of physical or psychological harm to others.

Tresillian has a zero-tolerance approach to violence by any person.



Security

Each parent room at Wollstonecraft has a small safe, however Tresillian is unable to provide security and request that you please leave your valuables at home.

To assist in providing the safe physical environment a CCTV Surveillance system is installed at Tresillian Wollstonecraft. The areas covered include Driveway entrance, outside lower ground floor, reception, stairs to carpark, front entrance and external staircase.



Photographs, Video or Audio Recordings in Tresillian

To respect the privacy of other families or nurses, parents and visitors are advised that taking photographs, videos and audio recording is not permitted within Tresillian premises without express permission from management.



Visiting Hours

Visiting Hours are unrestricted. However, please advise visitors who have been unwell in the preceding 72 hours with an infectious illness, not to visit the unit for the safety of your child and others. These illnesses include vomiting, diarrhoea or an upper respiratory tract infection.



Parking

There is no car parking available to families at Tresillian Wollstonecraft. Families can enter the car park for drop-off and pickup purposes only. Street parking is available however some of these spaces have parking time limits.



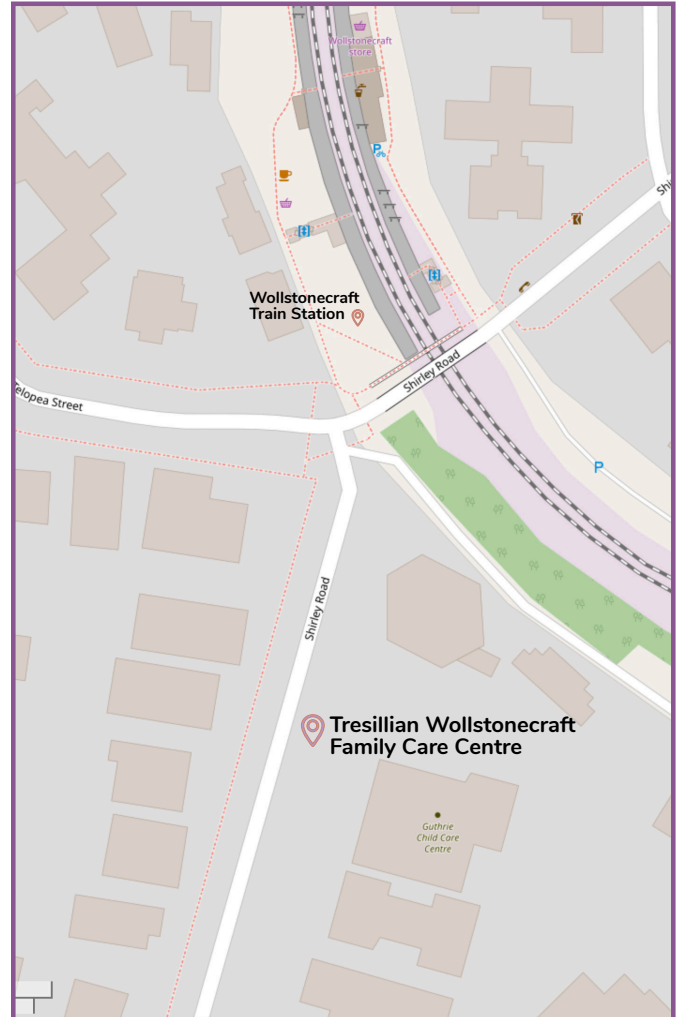
Public Transport

Tresillian Wollstonecraft Residential Services is easily accessed from Wollstonecraft train station. The building is a 150 metres easy walk from the station.



Address

Tresillian Wollstonecraft
25 Shirley Road,
Wollstonecraft NSW 2065



Tresillian Safe Sleep & Rest Practices



Tresillian strictly follows NSW Health Safe Sleeping recommendations for babies and children aged up to three years.

Safe Sleep Environment

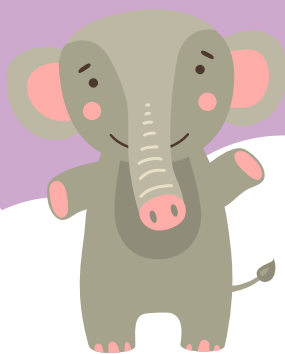
- No child will be sent to sleep or rest as a form of discipline.
- No pillows are to be used for a child under 2 years of age.
- No soft toys or other objects are permitted in the cot for children under 12 months of age.
- Use only lightweight wraps (without a Velcro attachment) such as cotton or muslin.
- If the child is able to roll from their back to their tummy and then onto their back (usually within 4-6 months) nurses will promote the discontinuation of the wrap for settling and sleep during the admission.
- If a sleeping bag is used (cots only) it should be the correct size for the child with fitted neck, armholes or sleeves and no hood; arms must be placed through the armholes.
- If a child is able to pull to stand in their cot, please discontinue the use of a sleeping bag during the admission. A sleep suit with legs is an option.

During the Appointment your child will:

- Be placed on their back to sleep with their feet positioned at the bottom of the cot unless otherwise medically indicated (under 12 months).
- Sleep with their face uncovered at all times with no bonnets, beanies, hats or hoods, quilts, doonas, duvets, pillows, lamb's wool and Velcro wraps, roll supports, a wedge under mattress, cot bumpers, sheep skins or snuggle beds whilst sleeping.
- A toddler bed will be allocated if:
 - the child's whole head when they pull to stand is above the fully raised cot side.
 - OR
 - the child's arms hang over the side.
 - OR
 - the child has been identified as a climber.

All settling strategies will:

- Be based on responsive parenting practices by encouraging parents to listen, watch and respond in a timely, sensitive manner to their child's tired and/or distress cues.



What to bring Checklist

- ✓ Casual clothes, shoes, face washers and toiletries for yourself and your child
- ✓ Hat and sunscreen for yourself and your child
- ✓ Disposable nappies and baby wipes if used
- ✓ Bottles, bottle brush, can of formula, if required
- ✓ Feeding cups/spoons/teats/dummy/bibs and any additional items for your child as required
- ✓ If breastfeeding or using Expressed Breast Milk it is important that you bring your own equipment such as nipple shields, expressed breast milk, pumps, bottles, and sterilising equipment
- ✓ Electric Steam Steriliser or Microwave Steam Steriliser available. (Please note, if you are breastfeeding you will need to provide your own sterilising equipment).
- ✓ Pram/stroller
- ✓ Your child's Personal Health Record book (Blue Book)
- ✓ Medications for yourself and your child
- ✓ Your health fund contribution card (if privately insured)
- ✓ Medicare Card
- ✓ Washing detergent - washing machines and dryers are available
- ✓ Please bring in your own toys, including childrens books. Water retaining toys or battery operated toys are not permitted.
- ✓ A favourite soft bedtime toy if your child is over 12 months

During your stay Tresillian will provide:

- Bed linen and towels for both yourself and your child
- High chairs and portable rocker chairs
- A hairdryer



Tresillian's Parenting Resources

Tresillian Wollstonecraft Residential Services

Take an online tour of Tresillian Willoughby Residential Services and learn more about how we help families at Tresillian Residential Services. Visit <https://www.tresillian.org.au/services-locations/locations/wollstonecraft-residential-services>

SleepWellBaby App

Developed in consultation with Tresillian, the SleepWellBaby App delivers instant access to trusted evidence-based education and tools on baby's sleep and feeding. Download FREE at www.sleepwellbaby.io

Tresillian Website

For parenting videos, online tours of Tresillian services, parent education group courses and more, visit the Tresillian website at tresillian.org.au

