

What we do

The Puāwai Rehabilitation Unit is an inpatient 12 bed unit focusing on rehabilitation for people primarily under 65 years old with:

- Traumatic brain injury (all ages)
- Stroke
- Neurological conditions
- Multi-trauma and orthopaedic injuries
- Reconditioning after medical or surgical illness

Our core rehabilitation team includes

- Doctors
- Nurses
- Occupational Therapists, Physiotherapists and Speech Language Therapists
- Social Workers
- Dietitians
- Clinical Psychologists and Neuropsychologists
- Healthcare Assistants and Rehabilitation Assistants
- Administrators

Other available staff include

- Pharmacist
- Chaplains and Kaiawhina

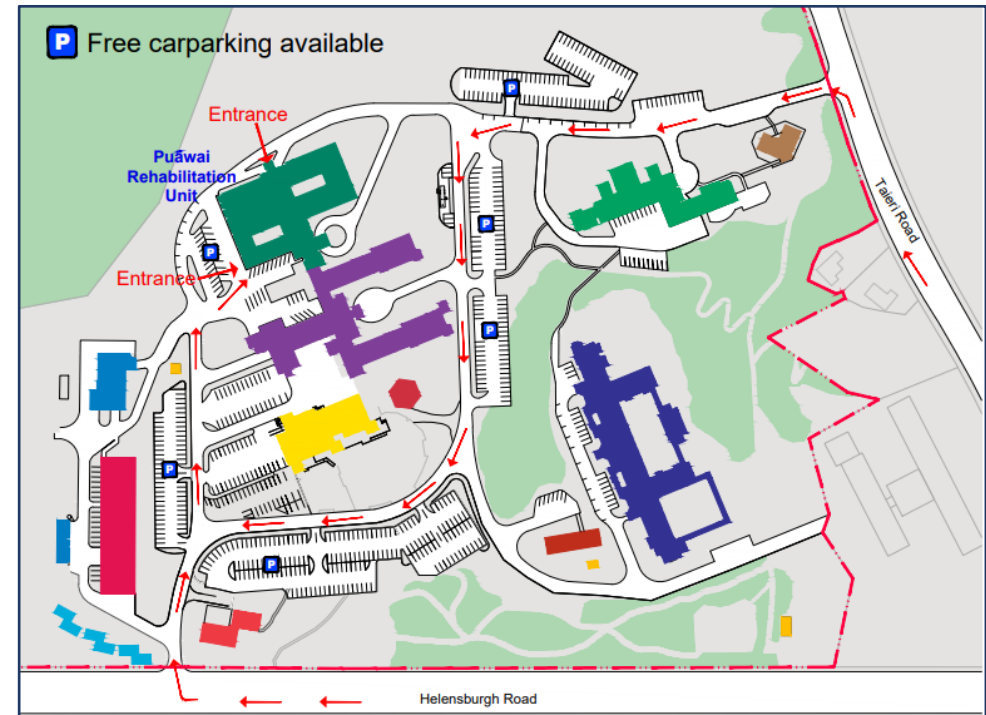
Health New Zealand
Te Whatu Ora

Puāwai Rehabilitation Unit

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What do I need to bring to a rehabilitation ward?

- Day clothes including a warm jacket
- Comfortable walking shoes
- Nightwear and slippers
- Hearing aids and/or glasses
- Toiletries
- You're welcome to bring personal items (e.g. photos) to make the space more comfortable for you.

Facilities

Your meals and drinks will be provided for you while you are an inpatient on the Rehabilitation Unit. Please bring any special snacks or soft drinks with you.

There is a café on the ground floor of the main Wakari Hospital building where you and your family/whānau can visit. The Snowline Café is open from 8:30am – 3:00pm, Monday to Friday.

Visiting

Visiting hours are 2:00pm – 8:00pm, or outside these hours by arrangement.

We welcome friends, family and whānau, but please be mindful that patients participate in rehabilitation activities throughout the day.

Rehabilitation for you may include

Assessment

- Seeing how well you manage with walking, talking, reading, showering, kitchen activities etc.
- Visiting your home to check you will be safe there.

Goal setting

- Making sure we're all working towards what you need to be able to do to get back to living in the community.

Activity and treatment

- Involvement of your family/whānau in your rehabilitation.
- Individual and group activity sessions in the Rehabilitation Unit and community.
- Education and support for you and your family/whānau.

Discharge planning

- Meetings with you and people important to you, where we discuss plans for you leaving hospital.
- Asking community services to support you, if needed, on leaving hospital.
- Organising any equipment needed.
- Connection with other agencies who can help you, such as the Brain Injury Association, the MS Society, and the Stroke Foundation.
- The chance to experience overnight and weekend leave where possible, as part of your journey back into the community.

Further information

If you have further questions, please ask your nurse, or any member of staff.