

What you might experience on the Unit

- Individual assessments of everyday activities such as showering, household chores, communication.
- Involvement of your family/whānau in your rehabilitation.
- Goals that are personal to you.
- Individually tailored therapy sessions – both here, in the community and via telehealth.
- Education and support for you and your family/whānau.
- Home environmental assessments.
- Support with grief and loss for you and your family/whānau.
- Meetings with you, your family/whānau and other agencies where we share feedback and together plan your care.
- Help with getting you the right equipment to increase your independence.
- Referrals so that you are supported at home once discharged.
- 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.

How you get referred

The Puāwai Rehabilitation Unit has contracts with the Ministry of Health and ACC. We work with those organisations to provide inpatient rehabilitation.

For ACC community referrals, we need approval from an ACC case manager.

Written referrals should be made with the following information:

- Name, address, date of birth, hospital NHI number
- Diagnosis
- Current issues
- Previous medical history
- Current supports
- Reason for referral

The more information that is provided, the better we are able to assess the urgency of your case. This helps us decide the best path for you – whether as an inpatient or supported by our community team.

Contact:

Puāwai Rehabilitation Unit
Wakari Hospital
Helensburgh Road
Private Bag 1921
Dunedin
Phone (03) 476 9639
Email: PRU@southerndhb.govt.nz

Welcome to the Puāwai Rehabilitation Unit



Wakari Hospital

Puāwai Rehabilitation Unit Leaflet

What we do

The Puāwai Rehabilitation Unit is part of the Rehabilitation and Community service of Te Whatu Ora Southern. We take pride in offering rehabilitation services to people experiencing physical and neurological challenges. We primarily provide an inpatient facility for the Otago and Southland region.

We have expertise for those in our community who have:

- Acquired brain injury
- Stroke
- Multiple sclerosis
- Cerebral palsy
- Parkinson's disease
- Spasticity
- Other neurological disorders
- Complex orthopaedic conditions

Who we are

Our staff team are qualified and highly experienced in rehabilitation. Our goal is to provide you with the rehabilitation that you need. We also value the importance of your family/whānau and we work hard to involve your 'supporters' on a daily basis.

Our team includes:

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

What do I need to bring to the Unit?

- Day clothes including a warm jacket
- Toiletries
- Nightwear and slippers
- Hearing aids and/or spectacles
- Comfortable walking shoes

The facilities we have

We don't just provide traditional ward settings. On the Puāwai Rehabilitation Unit, there are many options for using the space in a way that suits you.



Self-contained flat: We use this to assess how safely you can manage your daily activities. This enables us to help you get ready for leaving the unit.

Fernhill Flats: These are located close to the unit. We use these to help you move from the supportive ward environment to a living space where you can be more independent. When you are living in the Fernhill Flats, you will get the chance to manage all your daily tasks like cooking, laundry, and so on. That way we can be sure that you are safe and ready to leave. We sometimes use this area for family/whānau.

Where we are in Dunedin

