



## Smoke free

The TSU is a smoke free environment.

This means that no one is allowed to smoke inside the building or on the grounds of the TSU.

Support is available to help manage your smoking with a range of nicotine replacement therapies.

## Visiting Hours

Monday to Friday: 10am – 8pm

Saturday and Sunday: 10am – 10pm

## Transitional Support Unit

385-399 Pound Road Narre  
Warren South, 3805 VIC



Phone: **03 8572 5021**



[tsu@monashhealth.org](mailto:tsu@monashhealth.org)

Fax: **03 8572 5028**



Phone: **131 450**

# Transitional Support Unit (TSU)

Casey Adult Mental Health Services





## Welcome to the Transitional Support Unit (TSU)

- You can stay at the TSU if you are aged between 18 and 64 years old
- disability
- The TSU has 10 bedrooms
- You will have a bedroom to yourself
- Each bedroom has a bathroom in it
- You will share the living room, kitchen, laundry and outdoor areas with other people staying at the TSU



## The TSU can support you to:

- Manage your mental and physical health
- Access the community
- Make goals for your future
- Manage your medication
- Learn how to use public transport and budget your money
- Learn how to prepare meals
- Control your behaviour through support and counselling
- Access the National Disability Insurance Scheme (NDIS)



## TSU Staff

- At the TSU, our team includes doctors, nurses, allied health and support workers.
- Our staff will work with you to develop your treatment goals and a recovery plan.

## How you are expected to behave at the TSU



### You are encouraged to:

- Listen to other people and treat other people with respect
- Try to participate in groups and activities
- Encourage and help others
- Tell a staff member if you feel unsafe, afraid or scared.
- Talk and behave in a calm way to others at all times
- Respect privacy of other residents

Please note that cigarettes, lighters, alcohol and drugs are not allowed inside the TSU or on the grounds of the building.

## Sexual safety

- Monash Health values the sexual safety of all consumers. Sexual activity with others, or in the presence of others is not permitted on any acute inpatient unit.
- No sexual activity between consumers is considered to be consensual
- Behaviour that breaches the safety of others, including sexual harassment, will be addressed by staff
- Police will be notified of allegations of sexual assault.

## Rent

- When you stay at the TSU you will pay rent to cover food, gas, electricity and water.



## Families & Carers

- We will encourage your Family/Carer or Nominated Person to be involved in your care during your stay
- Talk to the staff about what information you would like us to share with your Family and Carers, and what information you would like to keep private



## Group Programs

- We offer group programs at the TSU
- The activity board near reception will show you what is happening this month
- Groups will run at the TSU and in the community

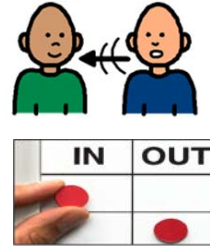
### You can join in:

- Outings and shopping
- Education sessions on wellbeing, health, communication
- Active groups, such as walking, gym, meditation
- Skilled groups such as cooking, art and craft
- Residents' Meetings



## What to do when you are on leave

- Your safety is important to us
- We are responsible for your wellbeing during your stay
- You need to tell staff when you leave the TSU, even if it is just to go for a short walk
- You will need to fill in the 'In and Out' form near reception
- It is important that we know where you are, and that you are safe if there is an emergency.



## Valuables and personal items

- Please keep things that are really important to you in the safe in your room.
- We are not responsible if things that are important to you get damaged or lost.
- You are advised not to bring jewellery, cash and valuables to hospital. Staff cannot accept responsibility for the loss or damage to your property.
- Belongings brought into the unit by yourself and your visitors will be searched. This is to ensure a safe environment for everyone.
- Visitors are asked not to bring personal belongings onto the ward, and to make use of the lockers outside the unit.
- Any items that are unsafe will be removed and stored safely or given to your family/carers to look after during your stay.
- Some items may be allowed into the ward but must remain with staff for safe keeping, such as: razors, spray cans, and chargers/cables for electronic devices.