

## Patient advice sheet

### About Olympic Lodge

#### Information for patients who are to be cared for in Olympic Lodge

We're pleased to let you know that you're one step closer to going home. You're going to move to our specialist unit which provides short-term care for those who our medical teams believe are fit enough to leave hospital, but who are waiting for additional support arrangements. This additional support maybe a care package for you at home or a place in residential care.

Olympic Lodge is run by Buckinghamshire Healthcare NHS Trust and is situated next door to the hospital at Stoke Mandeville Stadium. The aim of the unit is to help you continue your recovery until the appropriate support arrangements have been put in place ahead of your return home. During your stay in Olympic Lodge you'll be encouraged to get up, get dressed in your own clothes and get moving (as much as your physical abilities allow) every day. This is to maximise your independence and build your confidence ready for your return home.

#### Your transfer to Olympic Lodge

- You will be collected from hospital and taken to the Olympic Lodge along with all your belongings and any medication you may need.
- On arrival, you will be shown to your own en-suite room. All rooms also have a television. Any other equipment such as commodes, moving and handling equipment will be provided as necessary.
- Call bells are in each room so that you can call for assistance from carers at any time.
- To ensure privacy and safety, the Olympic Lodge is exclusively for the use of patients, visitors, and healthcare professionals only.

#### What will happen during my stay?

- A nurse, carer or therapist will discuss your needs with you at the start of your stay to find out how the team can best support you. They'll create a plan based on this discussion. We want to work with you to enable you to care for yourself as much as possible.
- The care team and your therapist will work closely with you to ensure this plan continues to help your recovery.
- We want to prepare you for going home with care (if appropriate) so we will try to align the care you receive in the unit with the care package that you are to go home with. For example, if it's been agreed that when you return home you'll receive 3 care calls a day (for personal care, meal time support and a bed time visit) we will attend to you on 3 occasions. However, you'll also be able to use the call bell to ask for assistance at any time during your stay in Olympic Lodge.
- You'll most likely only need to stay in Olympic Lodge for a short time, just for a few days in most cases, however, we'll aim to get you back home sooner if we can.

## Meals, activities and personal care

- All meals are provided and are generally served in the dining room. Meals can be chosen from a menu which takes into account any dietary requirements or other needs (for example, soft food) you may have. Support with eating and drinking is available if needed.
- We ask that family and friends bring in clean day and night clothes, towels and toiletries for you during your stay.
- There is a small lockable cupboard and wardrobe in each room. We ask that valuables are kept to a minimum as we cannot accept responsibility for valuables that are lost or stolen, unless they are handed in for safekeeping.

## Visitors

- Your family and friends are welcome to visit you in Olympic Lodge following the same guidelines as the hospital [please see website: www.buckshealthcare.nhs.uk/visiting/](http://www.buckshealthcare.nhs.uk/visiting/)
- We would appreciate it if your visitors could avoid visiting during mealtimes, unless you need physical help to eat.
- It is our responsibility to update you, the patient, regarding your care, treatment and discharge plans but if you would like us to discuss this with somebody else we can. Please can you ensure that you only appoint one person to contact us if necessary, regarding your care. The team at Olympic Lodge will discuss this with you when you arrive at Olympic Lodge.

## When it's time to go home

- As soon as we have a confirmed plan for your onward care and support, we will make arrangements for you to leave.
- If you would like to discuss any aspect of your transfer, please speak to the discharge coordinator at Olympic Lodge.

## Who to contact

If you have any queries about your transfer to Olympic Lodge, please speak to the discharge coordinator on your current ward.

If you have any questions or concerns regarding your care or treatment in Olympic Lodge or relating to the Trust, please speak to your nurse who in turn will escalate this to the Ward Sister, Anju Sebastian or to the matron Amy Wright.

- Anju can be contacted on the main Olympic Lodge number 01296 596533 or via email: [Anju.Sebastian@nhs.net](mailto:Anju.Sebastian@nhs.net).
- Amy can be contacted via email: [Amy.Wright44@nhs.net](mailto:Amy.Wright44@nhs.net).

Alternatively, the PALS team can be contacted on 01296 316042 or the Complaints team can be contacted on 01494 734958.