



Your guide to **Wallace Hospital**

A Danshell Service

About Wallace Hospital



Wallace Hospital
119 Americanmuir Road
Dundee
DD3 9AG



01382 819 910

Danshell Runs Wallace Hospital. Wallace Hospital is in Dundee. Dundee has



shops



cafes



churches



museums

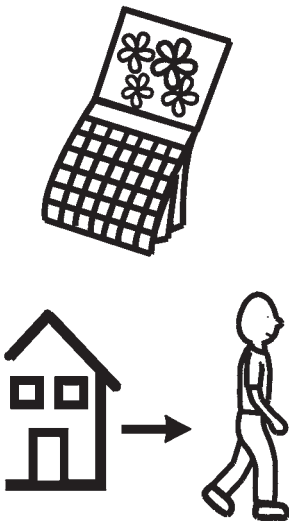


Staying at Wallace Hospital



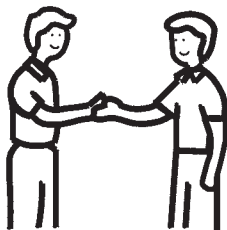
Wallace Hospital is a hospital.

We have doctors, nurses and therapists who can help you to feel better.

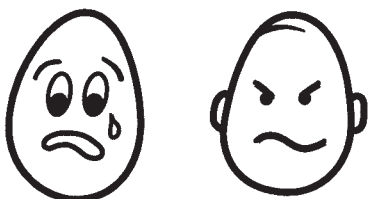


You will only stay with us as long as you need to. We will give you the support and treatment you need while you are with us.

When you feel better we will help you find somewhere else to live.



If you have these things we can give you the support you need



- a learning disability
- autism
- mental health problems which means you get really stressed or unhappy.



If you are

- a man or a woman
- 18 years old or older you can stay at Wallace Hospital.



Your friends and family can visit you at Wallace Hospital.



Wallace Hospital has 10 bedrooms.

You will have your own room.

You can bring things like pictures or ornaments to decorate your room.



You will have your own bathroom too.

You will not have to share your bathroom with anyone else.

Wallace Hospital also has



a kitchen



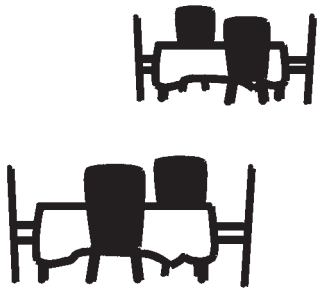
a garden



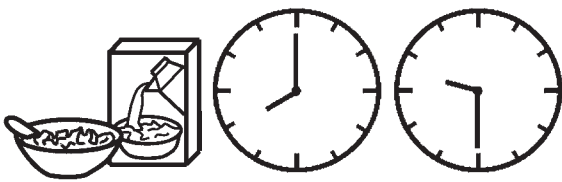
seating areas



Food and drink



There are 2 groups for each meal.
One group eats first. This means that you might go to the dining room earlier or later on some days.



Breakfast is from 8 until 9.30 in the morning.



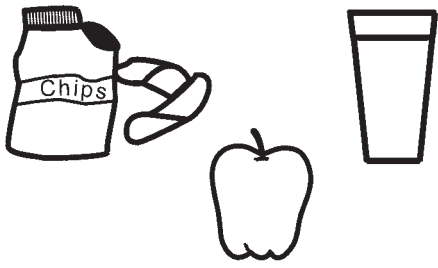
Lunch starts at 12.45 in the afternoon.



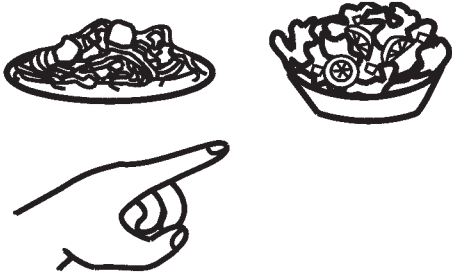
Tea starts at 4.45 in the afternoon.



Supper is from 8 until 8.30 in the evening.

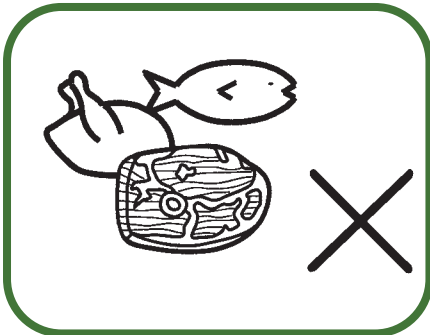


You can get snacks and drinks too.

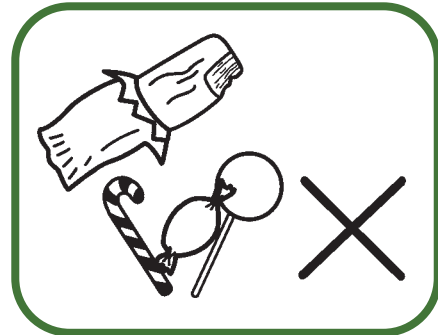


You can choose different things to eat.

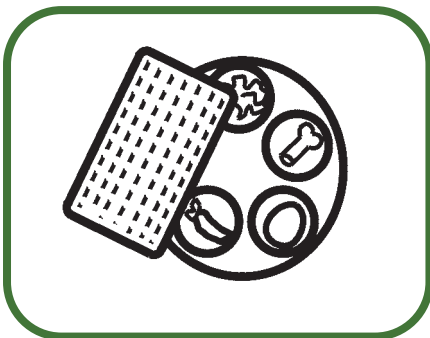
If you need special food you can get that too.
This could be things like



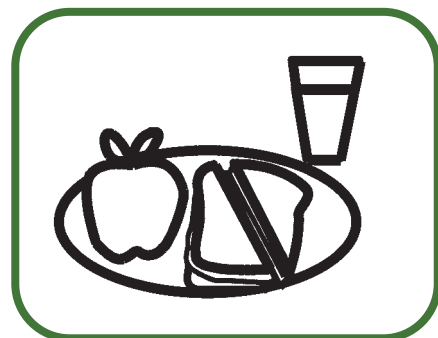
Vegetarian food with no meat



Diabetic food with less sugar



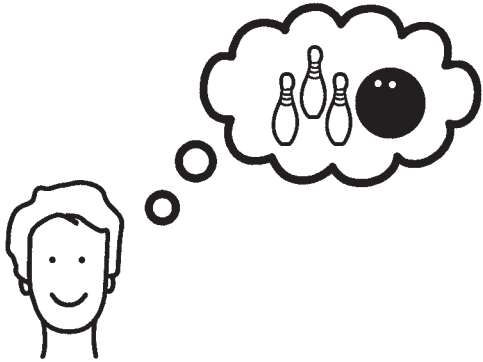
Kosher or halal food



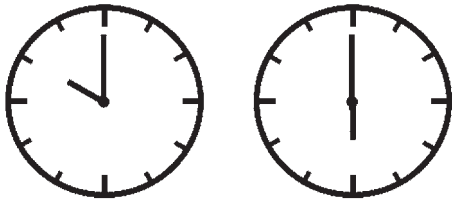
Healthy food with less fat



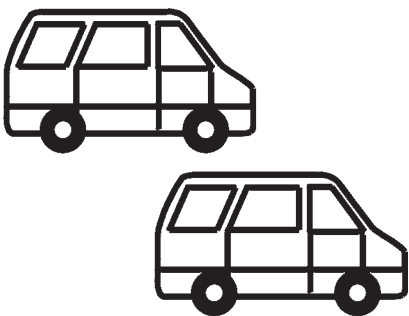
Things to do



The activity coordinator plans activities and things for you to do.



There are activities every day.



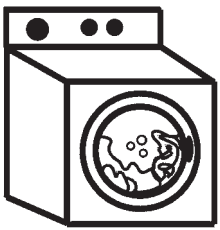
We have 2 vans we can use to take you on outings.

You can do activities like this



- arts and crafts

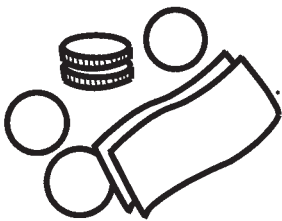
- gardening



- washing your clothes



- cleaning your room



- looking after your money



- keeping healthy



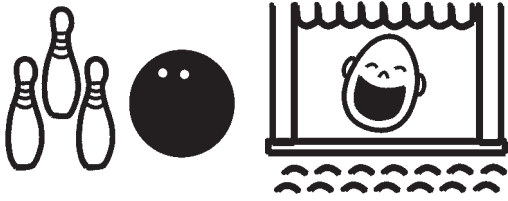
- cooking



- keeping safe when you are out and about

- other things.

At the weekend you might go on outings like this



- bowling

- cinema



- swimming

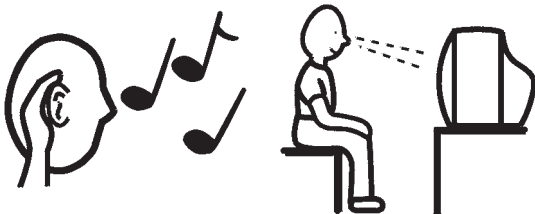
- shopping

- other places.

You will have free time too.

In your free time you can

- listen to music



- watch tv

- read



- phone your friends and family

- other things.



People who support you



The people who support you at Wallace Hospital have good training and know how to help.



Nurses and other carers are here to support you all day and all night.

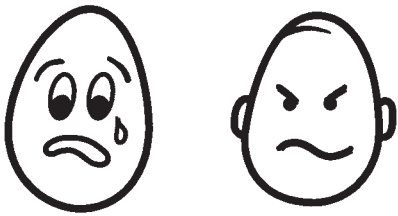


You will have a named nurse.

This is a nurse who knows you really well and knows the best way to support you.



You will also have a named key worker. This is a carer who knows you really well.



Your psychiatrist is a doctor who helps you with mental health problems.

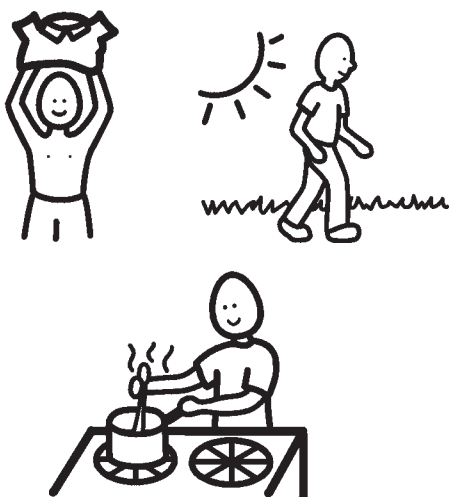
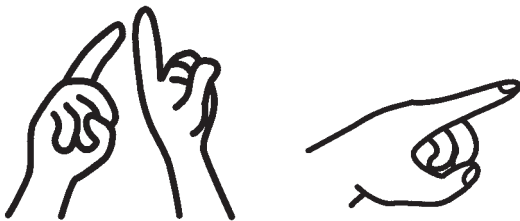


bak	lute	tloe
blom	ctea	vam
letm	oktr	levt

Your speech therapist helps you to communicate.

This could be

- talking
- using pictures or symbols
- signing
- other ways that you communicate.



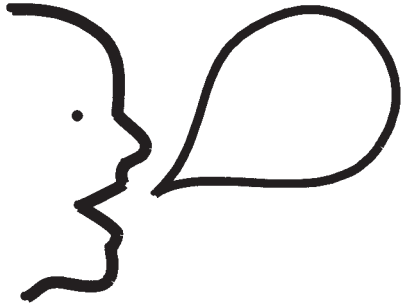
Your occupational therapist helps you to be more independent.

This could be things like

- getting dressed
- getting out and about
- making your own food.

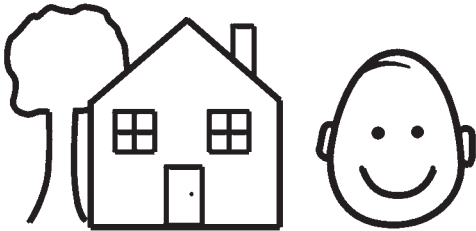


What happens before you come here

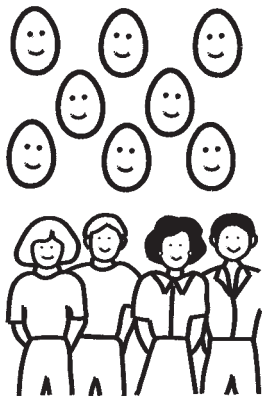


If your social worker thinks you should come to stay at Monroe House they will tell us.

This is called a referral.



We want to make sure that Wallace Hospital is right for you.



You can come and stay at Monroe House for a day to see if you like it.

You can meet

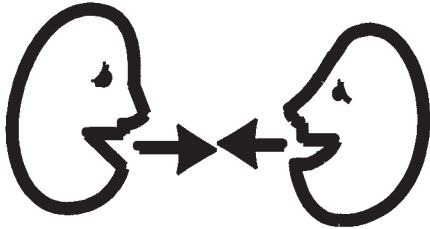
- the people who stay here
- the people who will support you



You can try the food.



What happens when you come to stay here



Assessment

When you first arrive the doctor will talk to you to find out what support you need.

This is called an assessment.



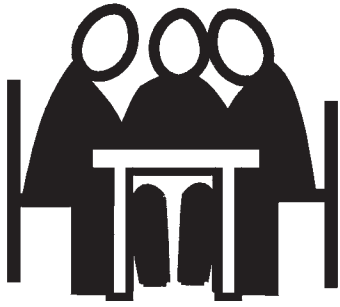
We need to know about

- support you already get
- other support that might help you.

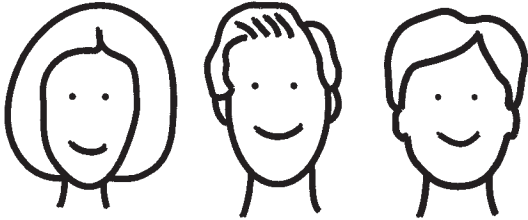


Every 2 weeks we will have a meeting with you and these people

- the nurses at Wallace Hospital
- the doctor at Wallace Hospital
- other people who support you at Wallace Hospital.



Every 3 or 6 months we will have a meeting with you and these people



- your mum and dad or family

- your social worker

- the nurses at Wallace Hospital

- the doctor at Wallace Hospital

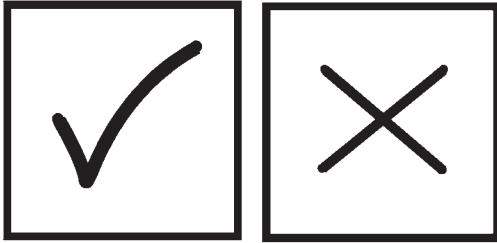
- other people who support you at Wallace Hospital.



We will talk about your treatment and support.

We will make sure you are getting the right treatment and support.

Consent

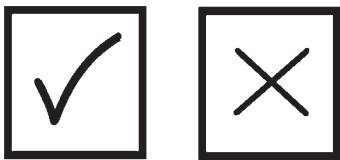


Before you can get treatment you need to give consent.

This means we tell you all about your treatment and you say if it is ok to do those things.



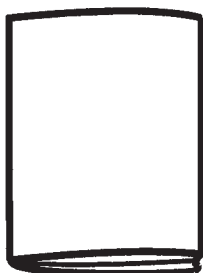
If you cannot give consent we will ask someone else who knows you well.



They can say if they think the treatment is the best thing for you.



We will still involve you as much as we can in making choices about your treatment.



You can find out more about consent in a leaflet called Let's talk about making decisions.

Treatment

Treatment means all the things you get at Wallace Hospital to help you feel better.



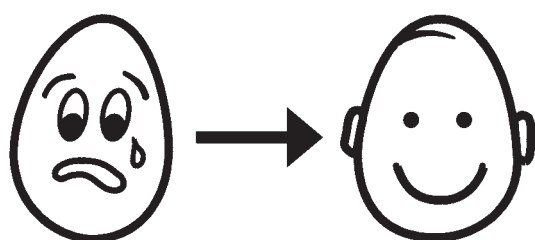
Positive behaviour support

This means helping you to feel better and learn new things.

This could be cooking a meal or getting out and about.

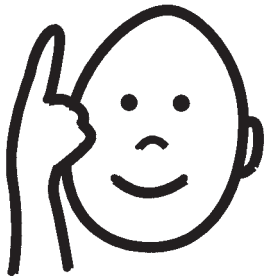


We will talk to you and find out what things you want to do. We will help you to do these things.



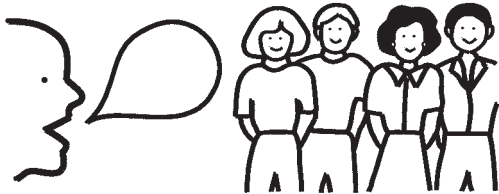
Behavioural therapy

This is learning new ways to behave when something makes you stressed or unhappy. For example learning how to calm down when you get upset.



Cognitive therapy

This means helping you to understand why you feel stressed or unhappy. This can help you to change how you think so that you can feel better.



Psychology input

A psychologist can help you find out why you feel stressed or upset. They can teach other people who support you the best ways to help.



Medication

This is medicine or tablets to help you feel better.



We will help if you need to see

- a dentist about your teeth
- an optician about your eyes
- a doctor or a GP
- anyone else about your health.



If you want to smoke you must go to the outside smoking area.

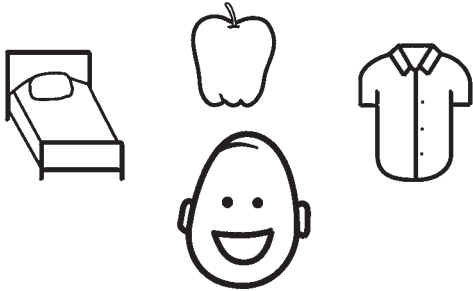
Ask a nurse for a lighter or matches.



If you want to stop smoking the nurses and carers can support you.

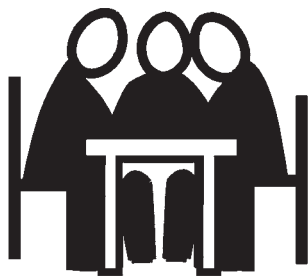


Care planning



We do a person centred care plan.

Someone will spend time with you. Together you will find out what is important to you. This will help us plan support that is just right for you.



We have integrated care pathways. This means that everyone involved with your support or treatment works well together.

We have meetings and share information to find the best ways to support you.

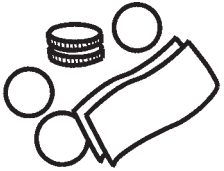


We keep any information about you private.

We will only show the information to the people we need to.



Paying for your support

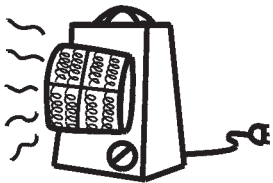


Danshell gets money to pay for you to stay at Wallace Hospital.

The money we get pays for these things



- your food and drink
- people to support you



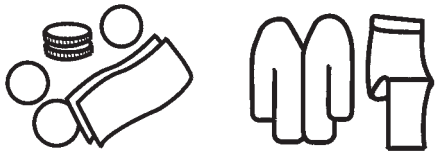
- heating

- lights



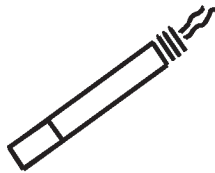
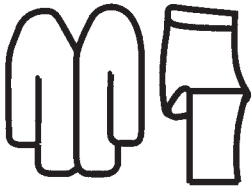
- washing your clothes

- things to do every day.

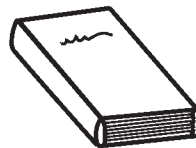
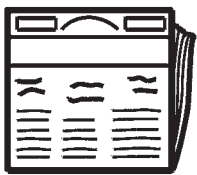


Paying for other things

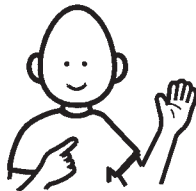
You have to use your own money to pay for these things



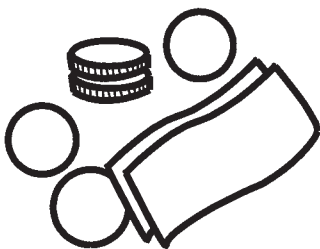
- clothes
- cigarettes



- newspapers
- books

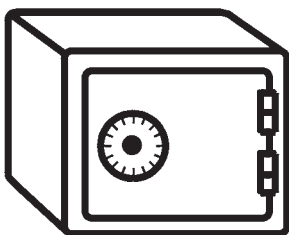


- getting your hair cut
- extra activities you want to do.



We will help you to keep your money safe.

You can lock up your money in your room.



If you want us to we can also lock up your money until you need it.

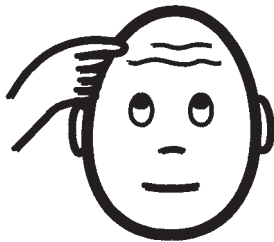


Having your say

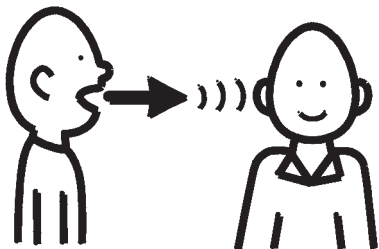


We have a service user meeting every month at Wallace Hospital.

We also have patient forums. This is another kind of meeting.



You can tell us what you think about Wallace Hospital.

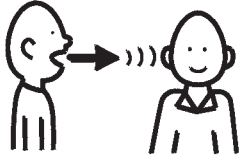


You can talk to an advocate too.

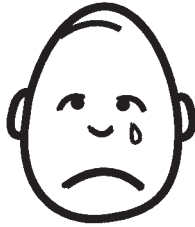
Advocates are people who help you have your say about what you need and what you want.



Your advocate works for Central Advocacy Partners.

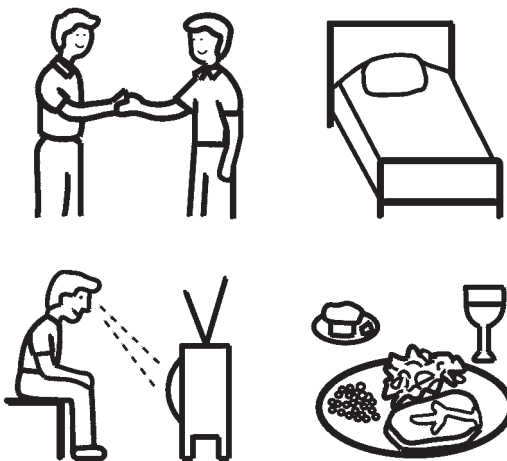


Your right to complain



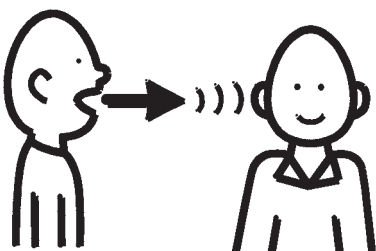
We want you to tell us about anything you are unhappy about at Wallace Hospital. We will try to sort it out. This is called complaining. Complaining helps us to make things better.

You can complain about anything about Wallace Hospital.



This could be

- people who support you your
- room
- things you do during the day food
- anything else.



You can find out more in a leaflet called Let's think about making a complaint.

Your Notes

Lined area for taking notes, consisting of 20 horizontal dotted lines.



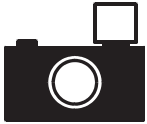
Easy words and design by Clear

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Symbols by Mayer Johnson

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Thank you to Ydam for pictures of Dundee.

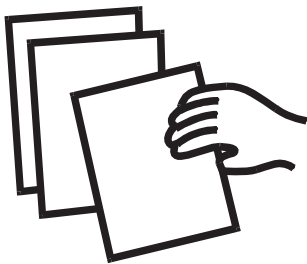


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You can get more information in these leaflets

- Let's think about making a complaint
- Let's talk about making decisions
- Let's talk about how you feel if you see a restraint
- Let's think about safe holding
- Let's think about your rights
- Let's think about advocates
- Let's think about bullying
- Let's think about door alarms
- Let's think about key workers