



Fees

Prior to admission, please provide us with your health insurance details so we can confirm if you have any exclusions on your cover and if you have any excesses or co-payments to be paid on admission. We encourage you to discuss details of your cover directly with your health fund.

Further information

Visitors are welcome except during individual sessions and rest time.

Please contact the Mother and Baby Unit on (03) 56281 226

www.neerimhealth.org.au



Mother and Baby Unit



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Mother and Baby Unit



Having a baby in one of the most exciting events in your life. But it can also be a very stressful and challenging time, involving a total change of lifestyle and identity. Being on call 24 hours a day for a baby isn't always easy and some babies have a more difficult start to life than others.

The Mother and Baby Unit has been established to provide support and expert care to families experiencing ante-natal and post-natal difficulties.

These difficulties may include:

- * Maternal exhaustion resulting from various reasons
- * Antenatal & postnatal anxiety / depression
- * Baby sleeping problems

Services Provided

- * Medical and nursing care of mothers and their babies
- * Individual counseling
- * Family counseling
- * Relaxation and stress management
- * Discharge Support
- * Postnatal Depression inpatient program.

Our Team

Our team is involved in all aspects of your assessment and treatment meeting daily to discuss treatment directions and goals.

- * Midwives/Registered Nurses
- * Resource Psychiatric Nurse
- * Consultant Psychiatrist
- * Physiotherapist
- * Psychologist
- * Divisional Therapist

Ongoing care will be arranged in liaison with support agencies such as your GP, maternal and child health nurse, social workers, counseling services, PaNDa Lactation Consultant etc.

Our Unit

The unit is located within the Neerim District Soldier's Memorial Hospital and provides a family, friendly, home away from home environment.

Our Program Objectives

- To provide an environment where you and your baby's interaction can be assessed and supported.
- To provide education and support to your family and encourage further understanding of postnatal depression and other emotional disorders associated with childbirth.
- To facilitate a coordinated approach to your management by liaison with relevant healthcare professionals and community agencies.

Our programs

All patients are expected to take part in the day programs which will be discussed at your initial assessment and they may include:

- * Individual sessions
- * Stress and Time management
- * Goal setting
- * Self esteem issues
- * Playing and communicating with your baby
- * Discussions regarding adjusting to parenting issues
- * Aromatherapy and relaxation sessions
- * Age appropriate sleep/settling strategies
- * Exercise such as walking
- * Baby massage
- * Art therapy