



Health  
South Eastern Sydney  
Local Health District



Garrawarra Centre  
Old Princes Highway  
Waterfall NSW 2233



The Sutherland Hospital  
430 The Kingsway  
Caringbah NSW 2229



## Registered Nurse GradStart – Aged Care Exchange

*Have you ever considered a career in Aged Care?*

*Why don't you join our team and start by being involved in*

*"THE GARRAWARRA CENTRE & SUTHERLAND HOSPITAL AGED CARE STREAM"*

By taking part in **The Garrawarra Centre & Sutherland Hospital Aged Care Stream** you will have the opportunity to begin a career pathway in Aged Care in the South East Sydney Local Health District.

### The Garrawarra Centre

- An accredited high care Dementia Specific public and teaching Residential Aged Care Facility (RACF), which is affiliated with the University of Wollongong. The centre is located just south of Waterfall, approximately 24 kilometres south of Sutherland hospital and 38 kilometres north of Wollongong. Set in a beautiful natural bush setting, the centre is one of the few purpose-built dementia specific facilities in New South Wales.
- Holistic Person Centred care is provided to all residents.
- Garrawarra is also able to provide respite care.
- Residents who reside at the Centre, live there in one of four Cottages with a capacity for 30 residents in each cottage. The Cottages each have their own garden areas, different living spaces, and a lot of natural light. Garrawarra Centre endeavours to maintain a home-like appearance and atmosphere where residents are free to move around as they wish within a secure environment.
- Garrawarra Centre will appeal to nurses who have a particular interest in working within the complex specialty of dementia and who are committed to developing person centred care. There is a strong multidisciplinary team framework, nurses specialise in the safety, management and care of people in the end stages of this disease and work closely with the residents' families and friends to ensure the highest possible quality of life.
- The unique working environment successfully combines contemporary clinical practice with a family-friendly approach to care. The teams of skilled and dedicated enrolled and registered nurses, and

assistants in nursing, work together in a spirit of support and cohesiveness. This positive work culture contributes greatly to the environment of the Centre.

- Garrawarra Centre also provides and facilitates ongoing education for its staff including Transitioning Registered Nurses employed in the dedicated 'Aged Care Stream' and Registered Nurses engaged in the formal 'Aged Care Career Pathway' program. It is affiliated with the University of Wollongong as a teaching facility, as well as in research. The centre has Clinical Nurse Consultants, Clinical Nurse Educators and Clinical Nurse Specialists who provide education, support and mentorship to all staff.

**The Sutherland Hospital** has a diverse Aged Care service. There are two dedicated acute aged care wards, an aged care/orthopaedic care pathway, an inpatient rehabilitation service, and a comprehensive community service. Aged care continues to pursue the best approaches to care, is actively involved in quality projects and research, and is affiliated with the major universities in Sydney and Wollongong. Each of the aged care wards has their own Clinical Nurse Consultants, Clinical Nurse Educators, and Clinical Nurse Specialists. These specialist staff offer education, guidance, mentorship and support to staff working in aged care, including Transitioning Registered Nurses employed in the 'Aged Care Stream' and Registered Nurses engaged in the formal 'Aged Care Career Pathway' program.

#### **Barkala ward**

- **Barkala** is a secure ward with a total of 23 beds catering for acutely unwell 'medical' aged patients. Care includes management of acute delirium, acute conditions on the back ground of chronic illnesses and in some cases, palliative care.
- **The Aged Care Assessment Unit (ACAU)** is a 9 beds unit (with 8 telemetry monitors), co-located in Barkala. Patients who are admitted to ACAU have a rapid comprehensive workup with early interventions that may facilitate rapid discharge back home where appropriate. ACAU works under a Medical Assessment Unit (MAU) model of care, which has a 48 hour length of stay. This model of care has dramatically reduced the length of stay of older people within the Emergency Department, which has been demonstrated to improve patient outcomes in this patient cohort. The ACAU is also able to accept patients who meet specific criteria, directly from the community, thus avoiding them having to go through the Emergency Department. Telemetry units are utilised within the unit for cardiac monitoring where necessary. The ACAU provides specialist medical, nursing and allied health assessment, review and evaluation of the older patient at the beginning of their hospital admission, leading to improved discharge planning for this group of patients. Where it is not appropriate for patients to return home after the initial 48 hours in the ACAU, they are moved into one of the three aged care wards where they receive ongoing comprehensive, multidisciplinary patient-centred care by dedicated aged care teams within the hospital.

#### **The Killara wards**

- Killara Acute and Killara Rehabilitation are secure wards and are co-located on the ground floor of the Sutherland Hospital. They have been purpose built to provide increased space, increased natural lighting, and increased access to secure outdoor areas.
- **The Killara Rehabilitation ward** (Killara Rehab) has a total of 18 beds, and offers both slow and fast stream rehabilitation to patients of all ages. Killara Rehab has a fully equipped gymnasium co-located on the ward, where tailored patient therapy is undertaken daily to achieve rapid recovery. Independence is encouraged, and to this effect there are 'independent living units' within the ward to simulate home like environments, with programs developed to meet the specific needs of each patient in order for them to reach their rehabilitation goals. Killara Rehab has a cohesive multidisciplinary team who work together closely to achieve optimal patient outcomes.
- **Killara Acute ward** has a total of 27 acute 'medical' aged care beds and a purpose built 6 bed behavioural unit (Killara Extension). The Killara Behavioural unit, manages people with acute 'Behavioural and Psychological Symptoms of Dementia' (BPSD) who are often very anxious, agitated and at times aggressive. Killara Acute patients often have longer admissions due to the complexity of their issues, and require ongoing comprehensive multidisciplinary approach to manage their care. Care includes management of acute delirium, acute conditions on the back ground of chronic illnesses, chronic illness management, behaviour management and palliative care.

Both the Garrawarra Centre and Sutherland Hospital have a particularly friendly and supportive work environment, where all staff are considered valuable team members. We work together to provide our community with an excellent standard of health care.

#### **Commencement Date**

The proposed commencement date is the beginning of February.

#### **Type of Employment**

The Garrawarra Centre/Sutherland Hospital Aged Care Steam offers temporary full-time positions, utilising a seven day rotating roster.

#### **Transitioning Registered Nurse framework in the 'Aged Care Stream'**

The goal of the transition framework is to provide an opportunity in the workplace for the smooth transition of the university graduate into the beginning practitioner role. We offer a supportive learning environment which provides our Transitioning Registered Nurses with a broad range of clinical experience.

#### **Are you interested in beginning your nursing career in the 'Aged Care Stream'**

Then come and join us at Garrawarra Centre / The Sutherland Hospital. We offer you a twelve month program which includes two clinical rotations, 6 months at Garrawarra Centre in the cottages such as Acacia, Banksia, Grevillea and Waratah; and 6 months at Sutherland Hospital in areas such as Killara Acute & Killara Extension and Barkala & ACAU. During the twelve months you will be supported by experienced registered nurses, preceptors, nurse educators, clinical care coordinators, clinical nurse consultants and nurse practitioners as well as the Transition Coordinator.

You will receive specialised orientation to the organisation and supernumerary status at the commencement of each of your clinical rotations. The comprehensive orientation will prepare you so that you can work safely and comfortably within the various aged care wards, providing you with a chance to become familiar with the concepts necessary to begin your nursing practice with confidence.

As part of the Aged Care Stream you will attend allocated workshops that are specific to your practice within aged care with the aim to enhance your knowledge in working within this speciality area. Added to this you will be provided with resource material over the course of the year, the content of which is designed to augment your knowledge and skills when practicing within aged care.

To support your career you may choose to access the ongoing professional development opportunities available at both sites including the general in-service program and continuing education programs.

Towards the end of the twelve months we offer you a series of development and career information sessions and assistance with writing job application letters, putting together resumes, as well as interview preparation. A certificate of completion is provided to you following completion of the Transition to Professional Practice program and opportunities are provided for you to obtain employment at Garrawarra Centre or The Sutherland Hospital based on position availability and successful application.

As a participant in the Aged Care Stream, you will be invited to participate in the 'Aged Care Career Pathway', which involves two years of ongoing education, skill enhancement and involvement in quality projects working towards Clinical Nurse Specialist status at the end of that program. The 'Aged Care Career Pathway' has been developed to provide career prospects for Registered Nurses within the aged care sector in the organisation, enabling these nurses to be groomed for management or advanced practice nursing.

You have the opportunity to access professional counselling services provided by Converge International and on-site staff parking.

### **Accommodation**

There is basic on-site accommodation available at Garrawarra Centre

### **Transport**

Garrawarra Centre is not serviced by public transport; however there are plenty of free car parking spaces available for staff and visitors.

Sutherland Hospital is a 10 to 15 minute walk to either Caringbah or Miranda railway stations. Sydney Central Business District is 30 minutes by train. There are also frequent trains to Wollongong. The hospital is within easy access to the southern beaches of Sydney by bus and train. There are also plenty of car parking spaces available for staff and visitors to the hospital.

### **Information and contact**

If you require further information about a particular health facility or the program that it offers you are welcome to contact or email:

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The Garrawarra Centre  
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#### **Olivia Taripo**

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The Sutherland Hospital  
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