

Patient and carer Welcome pack

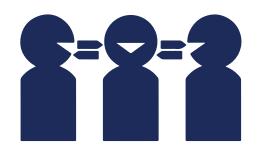


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Tell us if you need help reading this booklet

Contents



Your stay at Armadale Health Service

Kaya - hello! Welcome to Armadale Health Service.

While you're staying with us, we want to make sure you feel comfortable and that you are treated with respect and kindness.

Please let our staff members know if you have any special requests, like dietary needs, or if you have any questions about your care.

We understand being in hospital can be overwhelming. Whether you are here with us for a short time or long time, we want you to feel supported.

Your health is our top priority, and our team is here to help you every step of the way.

You can reach out to us at any time, as we are here for you at every stage of your health journey. Please feel free to contact us on (08) 9391 2000.



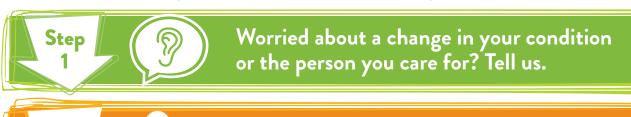
Executive Director Alisha Thompson







If you, or the person you care for gets sicker, tell us right away







You know yourself or your loved one best. We will listen to you.

My healthcare rights

This is the second edition of the Australian Charter of Healthcare Rights.

These rights apply to all people in all places where health care is provided in Australia.

The Charter describes what you, or someone you care for, can expect when receiving health care.

I have a right to:

Access

Healthcare services and treatment that meets my needs

Safety

- Receive safe and high quality health care that meets national standards
- Be cared for in an environment that is safe and makes me feel safe

Respect

- Be treated as an individual, and with dignity and respect
- Have my culture, identity, beliefs and choices recognised and respected

Partnership

- Ask questions and be involved in open and honest communication
- Make decisions with my healthcare provider, to the extent that I choose and am able to
- Include the people that I want in planning and decision-making

Information

- Clear information about my condition, the possible benefits and risks of different tests and treatments, so I can give my informed consent
- Receive information about services, waiting times and costs
- Be given assistance, when I need it, to help me to understand and use health information
- Access my health information
- Be told if something has gone wrong during my health care, how it happened, how it may affect me and what is being done to make care safe

Privacy

- Have my personal privacy respected
- Have information about me and my health kept secure and confidential

Give feedback

- Provide feedback or make a complaint without it affecting the way that I am treated
- Have my concerns addressed in a transparent and timely way
- Share my experience and participate to improve the quality of care and health services



AUSTRALIAN COMMISSION
ON SAFETY AND QUALITY IN HEALTH CARE

For more information ask a member of staff or visit safetyandquality.gov.au/your-rights



>>> Think Delirium



Is your family member more confused than normal? Have there been sudden changes in their behaviour?

Act Now!

If you see any of these changes, please tell a member of staff



Bear with us

Our staff will check 3 of your personal identifiers.

Examples of these are your name, date of birth (DOB), address or unique medical record number. This is to ensure you get the correct care and treatment.

We will ask you to verbally confirm your identity or we will check your identity band if you have one.







When we will check your identifiers:



during admission/ registration



when completing documentation



when transporting you to another area



when applying ID bracelet



during handover to another staff member



before any investigations or procedures



when providing medication, care or treatment



when moving bed or chair location



Welcome	أهلاً وسهلاً	Benvenuti
Wanjoo	خوش آمدید	တၢ်တူၢ်လိဘ်မှာ်
Chào mừng	Bienvenidos	ยินดีต้อนรับ
欢迎	ကြိုဆိုပါ၏။	Selamat datang

About Armadale Health Service

Armadale Health Service (AHS) is a general hospital committed to safe and high-quality health care for communities in Armadale, Gosnells, Serpentine-Jarrahdale and surrounding areas.

With Kalamunda Hospital, it forms the Armadale Kalamunda Group, and both belong to the wider East Metropolitan Health Service (EMHS). As part of our commitment to timely access to services, some patients may be transferred to Kalamunda Hospital for care.

AHS focuses on high-quality general medical, surgical and mental health services, and offers a range of specialities. It has an emergency department and intensive care unit and delivers a range of services including:

- aged care
- general medicine
- general surgery and surgical specialities
- gynaecology
- obstetrics, including Midwifery Group Practice and antenatal care
- adult and older adult mental health
- · community, inpatient and outpatient clinics
- paediatric and neonate
- renal medicine and dialysis
- rehabilitation
- orthopaedics.

This booklet contains information about what to expect during your hospital stay and what services and amenities are available for you and your visitors.



AHS is a smoke free site. For everyone's health and comfort, smoking and vaping is not permitted on any part of our grounds. This includes inside buildings, foyers, walkways, car parks and vehicles.



Staying safe in hospital

About you

- We need your help with a few important details so we can provide you with the best care.
- If any of your personal information is wrong, or changes during your stay, please let us know.
- Let us know if you have any allergies and we will give you a red identification band to alert staff.
- We will check in with you regularly about allergies to keep you safe. If anything changes, or if there is more we need to know, please tell us right away.
- If there are any problems that might affect your medical condition, let us know.
- Please provide us with your family medical history and details of any medications you are taking.

For your safety, always wear your patient identification band during your stay. We use it to verify your identity whenever you have medication, an exam or a procedure.



Your medicines

It is important we know about all the medications you are taking. This helps our doctors make the best decisions when prescribing anything new.

- Please share or show us a list of all the medications you are using.
- If you have brought your medications from home, they will be kept in a locked drawer by your bed and returned to you when you leave. If you need to take anything from your personal supply, our nursing staff will help you.
- The hospital staff will organise all your medications and make sure you receive the right dose at the right time. They may be different from what you usually take, but this is for your safety.
- You should know what you are taking, including what it is for and any potential side effects. If you do not know, please ask staff.
- If you have had allergies or bad reactions to any medications in the past, let your doctor, nurse or pharmacist know.
- Your medications might change during your stay or look different (such as a different shape or colour). If you are unsure about any changes, feel free to ask why.
- When you go home, you may be given a prescription for new medicine. Take it to the hospital pharmacy or your local pharmacy right away so you do not miss any doses.
- Ask your healthcare team to explain any new medications you are given.



Preventing infection

There are some simple ways to stop the spread of infection.

- Wash your hands before and after using the toilet, before meals, and use hand sanitiser when possible.
- You can remind staff to wash their hands before they touch you or your belongings.
- Let us know if you have diarrhoea or vomiting, as you may need to be moved to a separate room.
- If you have a needle or drip in your skin, tell staff if it becomes sore, red, hot or swollen, either while it is in or after it is removed.
- Do not touch dressings, drips or other equipment around hospital beds.
- Tell us if you develop symptoms such as a sore throat, cough or headache. You may need testing for COVID-19, and a separate room.
- Family members, carers and friends should not visit if they are unwell and are asked to stay home if they have symptoms such as diarrhoea or vomiting or a cold or flu.



Avoiding falls

All patients have an increased risk of falling when they come to hospital. This can be due to their medical condition, changes to medication and being in an unfamiliar environment.

To stay safe, remember our 'call, don't fall' motto. We will assess your risk of falling when you are admitted and may recommend you call us for help before you get up or move around.

Here are some other tips for staying safe:

- Use your call bell to call staff to help you move, particularly if you are feeling dizzy or tired.
- When using the call bell, allow some time for staff to respond as they may be helping other patients.
- Wear non-slip footwear or socks that fit snugly and have rubber soles.
- Sit down to use the shower and use rails if available.
- Use walking aids as advised.
- Take your time when moving from lying to sitting, and from sitting to standing.



Preventing blood clots

If you are in hospital, especially after a major surgery, severe injury, or illness, your risk of developing a blood clot in your leg or lung is higher than normal. To help prevent blood clots, here are some things you can do:

- Wear hospital stockings when advised.
- Move as much as possible (as directed by staff).
- Do simple leg and ankle exercises.
- Drink fluids as recommended.
- Take any blood-thinning medications (tablets or injections) prescribed by your doctor.



Skin care

Any pressure or friction on your skin can cause damage, especially if your skin is moist, you have poor circulation or reduced sensation. To help protect your skin while in hospital, here are some tips:

- Change your position every half hour, even if it is just a little.
- Stay as active as you can moving around in bed can make a difference.
- If you notice areas of your skin becoming numb, tingling, burning, or itching, do not ignore them tell someone if you are uncomfortable.
- Eat and drink well.
- Your care team can help you change position and provide a special support mattress or cushion for support.

Our shared goals and expectations

These measures help make the hospital safe for everyone.

Our staff will:

- listen to your concerns, questions, and feedback
- be open and honest with you, and clearly explain your proposed treatments and the level of care you need
- talk with you if something goes wrong during your treatment
- provide information and guidance, and involve you in managing your health care so you can make informed choices
- care for you with a holistic approach to your health and wellbeing
- respect your privacy and only share your health information with those for whom you have given consent, like your next of kin.

You should:

- listen to your carers our staff are here to support you and keep you safe
- be actively involved in your care and recovery
- communicate with your carers and let them know where you are and what you are doing, so you do not miss important treatments or consultations

- continue as many of your normal activities as possible, while following advice from staff
- share important information about yourself to help us manage your health and wellbeing
- be aware we are a teaching hospital and students may be involved in your care and treatment.

Visitors are asked to:

- keep to visiting hours to allow for scheduled patient treatments and rest
- always supervise children as the hospital is a busy place with many potential hazards.

Together we should:

- treat each other with respect antisocial behaviour, verbal or physical abuse, aggression, or violence will not be tolerated
- show respect for the hospital intentional damage or theft will not be tolerated
- not use alcohol, cigarettes, vapes, or illicit drugs at the hospital or on hospital grounds.

Important things to know during your stay

Communication

Your open and honest communication is key to getting the best care possible. Our staff are here to support you, not judge you. We are ready to listen to any information you want to share and will answer any questions or concerns you have.

Interpreters can be arranged for people who need or request them. Family or friends can also sometimes help with communication.





When you need an interpreter, phone 131 450



Arabic

عندما ختاجون إلى مترجم. إتصلوا على الرقم 450 131

Chinese

当您需要传译员时,请拨电话 131 450

Dari

وقتی به ترجمان ضرورت دارید. به 131 450 تیلفون کنید.

Farsi (alt Persian)

وقتی که به مترجم شفاهی نیاز دارید. به شماره 450 131 تلفن کنید

Greek

Όταν χρειάζεστε διερμηνέα, καλέστε το 131 450

Hazaragi

وختیکه شموده یگو ترجموں نیازدرین ده شمارهٔ 450 131 زنگ زده شونه

Italian

Quando hai bisogno di un interprete, telefona al 131 450

Japanese

通訳が必要な場合は、 131 450 に電話して ください

Karen

နမ့်္ဂလိဉ်ဘဉ်ပှာကိုးထံတာဖိန့ဉ်, ဆုံးကိုးလီတစိစ် $131\ 450$ တက္နာ

Korean

통역사가 필요하시면 131 450 번으로 전화하세요

Nepali

दोभाषे चाहिँदा, 131 450 मा फो न गर्नहोस

Pashto

کوم وخت چی تاسو ژباړونکي تہ اړتیا لری، 450 131 شمیری تہ زنګ ووهئ

Russian

Когда вам потребуется переводчик, позвоните по номеру 131 450

Serbian

Када вам треба преводилац, јавите се на **131 450**

Somali

Markaad u baahato turjumaan, ka wac 131 450

Spanish

Cuando necesite un intérprete, llame al 131 450.

Tamil

உங்களுக்கு ஒரு உரைபெயர்ப்பாளர் தேவைப்படும் போது, 131 450 என்ற இலக்கத்திற்கு அழையுங்கள்

Thai

เมื่อใดที่คุณต้องการล่าม โปรดโทรไปที่ 131 450

Turkish

Bir tercümana ihtiyacınız olduğunda, 131 450 numaralı telefonu arayın

Vietnamese

Khi cần thông dịch viên, xin quý vị gọi điện thoại số 131 450

www.tisnational.gov.au

24 HOURS A DAY, EVERY DAY OF THE YEAR



Food and meals

The hospital provides healthy balanced meals for your nutritional requirements. Please let the nurse know if you:

- have any special dietary requirements, for example a food allergy
- would like softer foods
- have difficulty chewing or swallowing
- have any religious dietary requirements, for example kosher or halal
- have any questions about your meals.

Help can be provided at mealtimes if you need it.

Ask before you organise any food from home. You may be on food or fluid restrictions. Do not share any food with other patients as they might also have special requirements or restrictions.

Valuables and personal items

The security of your personal items is important to us, but patients, carers and visitors are responsible for their own belongings.

Please do not leave your personal belongings or valuables unattended while on the premises. Let us know about items such as dentures, glasses and hearing aids when you are admitted, so we can properly record them.

- If you are staying with us for more than a day, it is important to have your own clothes and toiletries. Keep these in the storage units next to the bed.
- Please keep your belongings safe. The hospital is not responsible for personal items. We recommend sending valuable or non-essential items home with family or friends.

Lost property

Staff are not responsible for any patient belongings during your stay. If you have lost or misplaced any personal property, you can report it to the nurse unit manager (NUM) or the ward coordinator after hours. They will help look for the lost items.

Cameras and recording devices

Please be respectful of others when using cameras in the hospital. Staff and fellow patients have a right to refuse to be photographed or videoed.

Ask permission before using cameras or recording devices. Filming is not allowed in many areas of the hospital so please speak to staff before taking photos or recording.

Tell us what matters most to you



You can have as much say in your healthcare decisions as you want. Let us know how to help you to have a say and be involved in your healthcare decisions.

Ask us the **IMPORTANT QUESTIONS**

These questions can help you to be involved in your healthcare decisions and to understand what is going on.

- What is my main problem? What do I need to do?
- Why is it important for me to do this? What will happen if I do not do it?
- What are the risks? What are my options?
- How long will my recovery be?

Ask us to SEE A SPECIALTY SERVICE

- Aboriginal Health Liaison Officers.
- Pastoral and spiritual care service.
- Alcohol and other drugs service.
- Private Patient Liaison Officer.
- Overseas Patient Liaison Officer.
- Interpreter services.
- Homeless Healthcare.
- Volunteers.

Ask us for WRITTEN INFORMATION

We can provide leaflets about different health conditions, procedures, medications, and services. These can be made available in your preferred language or format.



Tell us WHO TO INVOLVE

Please inform us of any changes to your next of kin and let us know if there is anything we cannot discuss with them. Let us know if we need to share any information about you with your:

- GP or family doctor
- Carers WA
- advocacy services
- Aboriginal Health Liaison Officers
- other external services.

Tell us YOUR CONCERNS

Are you worried about anything while you are in hospital?

- People or pets.
- Upcoming appointments or commitments.
- Finances.
- Time off work.

Are you worried about leaving hospital?

- Looking after yourself or others.
- Returning to work.
- Managing any daily tasks.
- Having access to special aids or equipment.

Tell us WHAT YOU NEED

- Your preferred name and pronouns.
- What language you prefer to speak.
- Dietary requirements.
- · Spiritual wellbeing.
- Cultural wellbeing.
- Sensory (hearing, vision).
- Special equipment.

Tell us WHAT YOU WANT TO ACHIEVE

- · Health goals.
- Rehabilitation goals.
- Access to services.
- Ability to manage your chronic health condition.



General information and amenities

Patient enquiries

Family and friends can reach you by calling the hospital switchboard on (08) 9391 2000. They will need to provide your full name to be directed to your ward.

Staff at the front reception desk can help with information and directions. Volunteers are also available to help. Each ward has its own reception desk where staff can provide further information and assistance.



Chaplaincy and pastoral care

The non-denominational service is committed to delivering compassionate wellbeing services and pastoral care for patients and their loved ones. Our staff can help you contact these services.



Quiet room

There is a multi-faith, non-denominational quiet space for reflection and prayer on the ground floor of the hospital. Follow the blue signs on the walls outside the café.



Vending machines

Vending machines with healthy snacks and drinks are available throughout the hospital, including the main entrance and near the kiosk.



Discharge lounge

On discharge day, patients can wait in the discharge lounge for their documents, medication and transport. The lounge is on the ground floor, just inside the Outpatient Clinic entrance. A nurse is available if you need medical attention. Family and carers can contact the nurse on 9391 2929.



Mealtimes

Breakfast: 7:30 am to 8:30 am. Lunch: 11.30 am to 12.30 pm. Dinner: 4.30 pm to 5.30 pm.



Visiting hours

A daily rest period from 1 pm to 3 pm has been set aside to help patients rest and recover. There may be limits on the number of visitors in some specialty areas of the hospital. Staff in those areas will provide specific information.

General hospital: 8 am to 1 pm and 3 pm to 8 pm daily.

Mental Health Unit: 8 am to 8 pm daily, this may change due to the needs of patients.

The main hospital doors are locked from 9 pm to 6 am.

Staff need to know who is on the ward in the event of an emergency. Visitors, please check in at the nursing office upon arrival at the ward.



The Auxiliary Kiosk team



Auxiliary Kiosk

The kiosk is run by volunteers and has light snacks, soft drinks, confectionary and toiletries. It is located on the ground floor near the café.

The Auxiliary Kiosk is open:

- Monday to Friday, 9 am to 4 pm.
- Saturday 9 am to 1.30 pm
- Sunday 10 am to 2 pm



Café

A small, privately-run café on the ground floor offers a variety of food and drinks for patients and visitors.

You can download the "Aroma Café" app from the Apple App Store or Google Play Store. You can also place your order by using the QR code to skip the queue.





Televisions

Most hospital beds have an overhead television screen. The TV service is provided by an external company and is available for daily or weekly rental. It includes standard free-to-air digital channels and movie channels.

If you would like to pay to watch the television, visit the website below, or call the telephone number below.

- Visit www.hillstv.com.au and follow the prompts.
- Call 1800 063 829.

Television rental is free for patients using private health insurance. Please see 'Private patient incentives' below.



Telephones

All wards have bedside telephones that can receive calls at no cost. In some circumstances, the ward clerk will be able to assist patients to make an external call from the ward. There are public phones near the hospital main entrance.

Private patient incentives

If you are using private health insurance, TV rental is free. For more information, contact the private patient liaison officer on 9391 2087. Benefits include:

- \$20 daily Aroma Cafe/Auxiliary Kiosk voucher
- free TV hire
- a daily newspaper
- toiletries pack.



Free patient Wi-Fi

Armadale hospital has free Wi-Fi, to help patients, families and carers stay connected.

The Wi-Fi service does not require a password to connect.



Accessing the network

- Make sure your Wi-Fi setting is on.
- Search for 'HEALTH-Patient' network and select 'connect.'
- A new window will open with the service terms and conditions of use.
- Once you have read and accepted the terms and conditions, you will automatically be connected to the free Wi-Fi.

If you decline the terms and conditions, you will not be able to connect.

Responsible and appropriate use

The Wi-Fi terms and conditions outline the acceptable and unacceptable uses of the service before access is provided. Wireless access is to be used in a fair and community-minded manner. East Metropolitan Health Service (EMHS) reserves the right to limit or block certain websites and/or content it deems inappropriate.

What if I have a problem connecting?

Hospital staff are focused on clinical care and cannot assist with Wi-Fi issues. If you are having trouble connecting to the free Wi-Fi, or would like to provide feedback, please email DDI@health.wa.gov.au

What websites cannot be viewed and why?

Patient Wi-Fi is for light browsing only and not for streaming videos from services like YouTube or Netflix. Streaming may result in limited-service quality. Patients and families can access TV, movies, and other on-demand content through the TV rental service.



Parking

Patients and visitors can enjoy free 4-hour parking at the front of the hospital via the Albany Highway entrance. There is also a pick-up and drop-off area at the front of the main building.

Reserved parking bays are available near the main entrance for dialysis patients, ACROD permit holders, police and visiting medical practitioners.

Additional patient and visitor parking is located via the Ecko Road entry, north of the Albany Highway entrance.



Public transport

A Transperth bus stop is located at the hospital's main entrance, next to the emergency department. Buses servicing this stop include numbers 220 and 249. Timetables are available from the Transperth Infoline on 13 62 13 or at www.transperth.wa.gov.au

A taxi stand can be found at the main entrance near the emergency department. You can call 13 13 30 for a taxi and when prompted, enter the code 1125 for the hospital's location.

If you need to call for a taxi, there are public telephones near the hospital's main reception.



Leaving hospital

Before you leave hospital, you will be given a discharge summary. A member of your healthcare team will go through this with you.

Make sure you:

- discuss any concerns you have about your discharge with your doctor or nursing staff, including transport and home care
- keep a copy of your discharge information and know what you need to do at home
- understand your medications and prescriptions and have your prescriptions ready if you need to visit the pharmacy
- know who to contact if you have questions or concerns, or if your symptoms worsen
- be aware of your next follow up appointment if required
- confirm your discharge information is sent to your chosen general practitioner (GP) or specialist
- take any hospital-provided loan equipment or materials and understand how to use them
- have all your personal items, including medications, glasses, clothing, and any other belongings.

Some patients may be transferred to the discharge lounge before leaving the service. You can use the lounge while waiting for medications, transport or to be picked up.

Patient transfers

Patients at AHS may sometimes be sent for inpatient care at Kalamunda Hospital. This may be because Kalamunda Hospital has more capacity at the time or the most suitable services.

About Kalamunda Hospital

Kalamunda Hospital is a 30-bed hospital providing the below services.

- Low-risk endoscopic day surgery services
- Specialist palliative care including:
 - inpatient symptom control
 - inpatient end of life care
 - outpatient symptom management
 - day hospice.

The main entrance is located on Elizabeth Street, Kalamunda and the Day Hospice is at 30 Byron Rd, Kalamunda. Visiting hours are from 8 am to 12 pm and 2 pm to 8 pm every day.

If you are to be transferred to Kalamunda, we will discuss this with you and your family or carers beforehand. There is no cost for the transfer and our staff will make the arrangements.



How patient transfers work



Emergency Department

Patients often start their hospital stay in the Emergency Department.

Armadale Health Service

AHS provides specialised care until you are well enough to be discharged home or transferred to another hospital for further care.





Discharge lounge

You may visit the discharge lounge if you are going home or transferring to Kalamunda Hospital.



Transport to Kalamunda Hospital

One of our patient transfer teams or other suitable transport will take you to Kalamunda Hospital.



Kalamunda Hospital

Kalamunda Hospital provides specialised care to support your recovery before your discharge home or to a care facility.



Your general practioner (GP) will get information about your discharge. You may need further support from community service providers. The hospital will arrange this for you.



Providing feedback

If you have concerns

Talk to hospital staff if you have any concerns about your treatment or recovery. If your concern is urgent, use the Aishwarya's care call phone located in the AHS Emergency Department or you can call 9391 2419.

You are welcome to provide feedback at any time during and after your stay. For more information, see the next page.

Privacy and accessing your medical information

AHS maintains the confidentiality of your medical and private information. If you want to access your information or medical record, you can request these documents under the *Freedom of Information Act*.

A Freedom of Information (FOI) access application can be requested from the AHS Freedom of Information (FOI) coordinator who will need 2 forms of identification to verify your identity.

You can contact our FOI staff via email or phone Monday to Friday from 8 am to 4 pm or scan the QR code below to get more information from our web page.

If you are registered for the electronic My Health Record, you can access your information online. If you notice anything missing or incorrect in your medical record or My Health Record, please ask your healthcare provider to have it corrected.

You can sign up to access My Health Record by signing into your myGov account at https://my.gov.au

Email: AHS.FOI@health.wa.gov.au

Phone: 9391 2060 (FOI coordinator)





How to tell us what is happening to you

Talk to someone

Talk to the staff who are caring for you or ask to speak to the person in charge

Contact our Consumer Liaison Office: AKG_Consumerliaison@health.wa.gov.au (08) 9391 1153 Mon - Fri 8:30am - 4:30pm

Share your story

Complete a survey which will be offered by staff, or request a feedback form

Tell your story anonymously at www.careopinion.org.au

Help us help you

Ask staff if you need help with language interpreting or accessibility

Become a
Consumer Representative or Volunteer:
AKG_Consumerliaison@health.wa.gov.au



Armadale Health Service Map



Bus stop





Visitor Parking Staff Parking



Emergency Department Entry



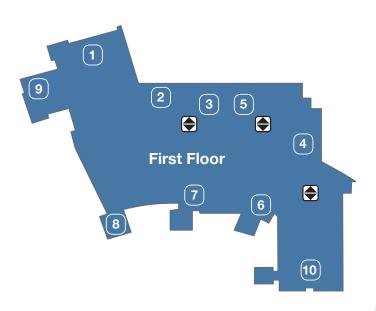
Lifts

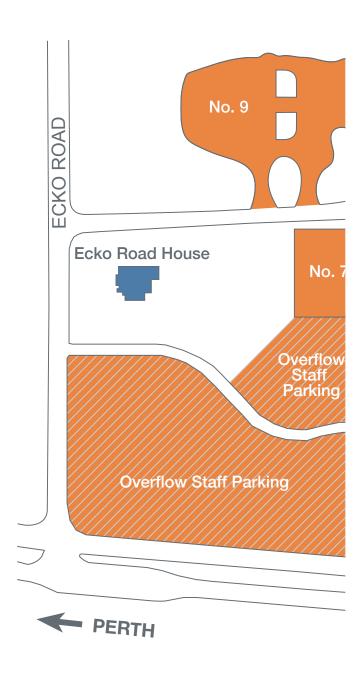


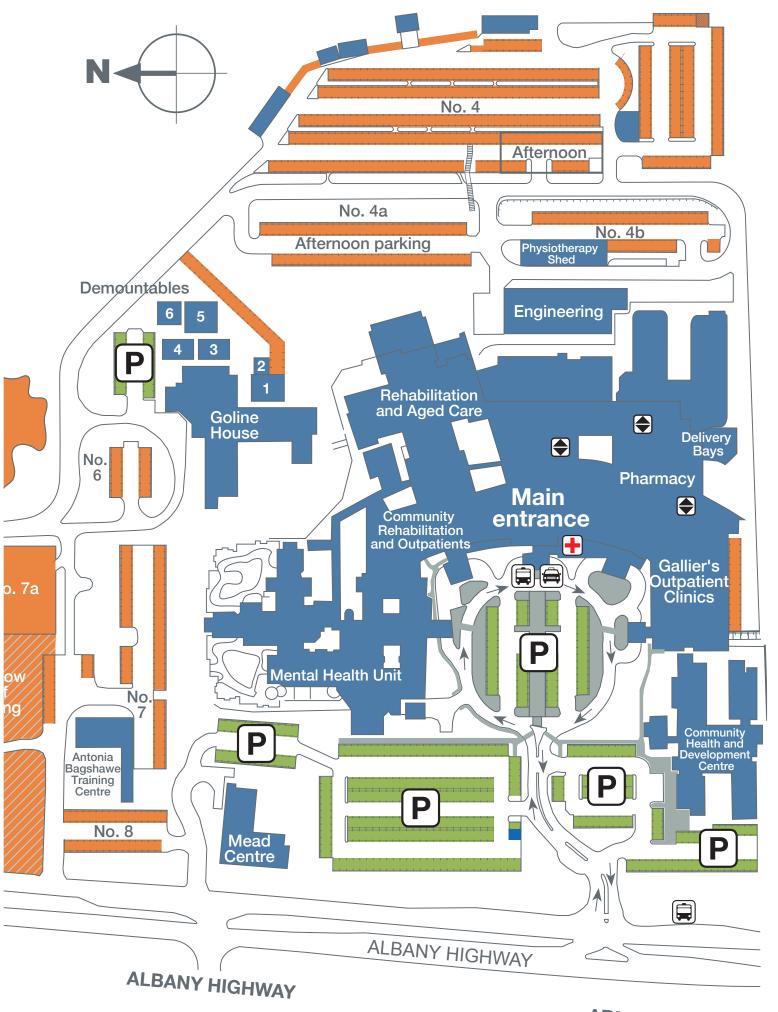
Taxi stand

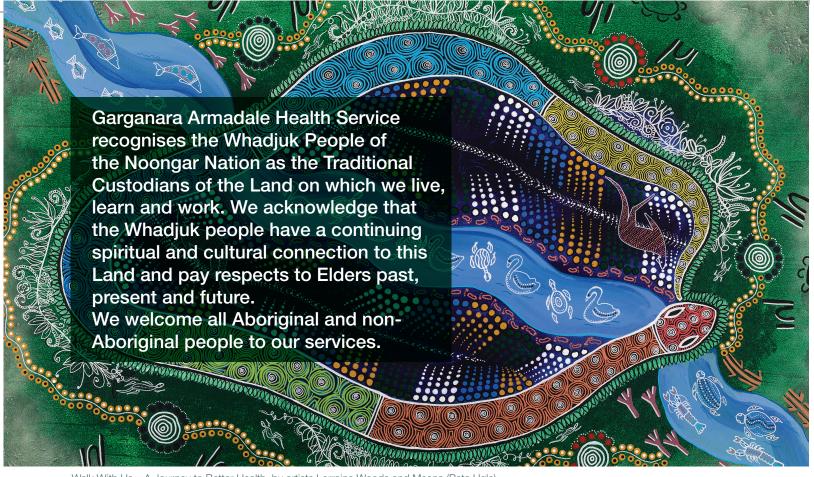
First Floor

- 1 Maud Bellas Ward (Maternity)
- 2 Theatres
- 3 Intensive Care Unit (ICU)
- (4) Canning Ward
- 5 Medical Admissions Unit (MAU)
- 6 Dialysis
- (7) Same Day Unit and Pre-admission clinic
- 8 Colyer Ward (Surgical)
- (9) Campbell Ward (Paediatrics)
- (10) Gallier's Specialist Centre
- Lifts









Walk With Us - A Journey to Better Health, by artists Lorraine Woods and Meena (Peta Ugle).

Consumer Advisory Committee

The Consumer Advisory Committee acknowledges that every patient expects and deserves the best care possible. This booklet provides you and your family or carer with important information about your stay at AHS.

If you have any further questions, please ask any of our staff.

Best wishes,

Dorothy Harrison,

Chair, Armadale Kalamunda Group Consumer Advisory Committee.



The Consumer Advisory Committee plays an important role, providing consumer advice, direction and advocacy.

Notes / Questions to ask my healthcare team

Contact us

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