

Country Patient Guide

A practical guide for country people
attending Southern Adelaide Local
Health Network (SALHN) hospitals



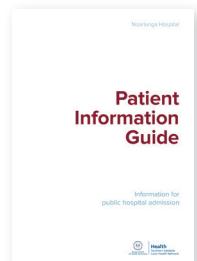
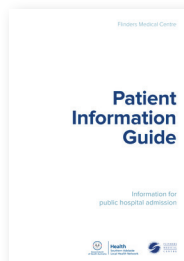
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This information booklet is in addition to the Patient Information Guide which is already available to patients.

[Flinders Medical Centre Patient Information Guide](#)

[Noarlunga Hospital Patient Information Guide](#)



Hello and welcome to the Southern Adelaide Health Network (SALHN)

This guide is designed to provide country people attending one of our SALHN hospitals or the Repat Health Precinct with practical information about travel, accommodation and services. It is designed to be used in conjunction with either the Flinders Medical Centre (FMC) Patient Information Guide or the Noarlunga Hospital Patient Information Guide. These hospital patient guides provide a comprehensive overview of our hospital sites and services – and contain a wide range of information from parking and public transport, to what to expect during your hospital stay and when you are discharged.

You can find the Flinders Medical Centre Patient Information Guide [here](#).

You can find the Noarlunga Hospital Patient Guide [here](#).

The Country Patient Guide contains information specific to rural and remote consumers and patients visiting our SALHN hospitals and the Repat Health Precinct.

Coming to the city for an operation or appointment can be stressful and worrying. We hope our Country Patient Guide helps ease your journey as a consumer of SALHN services.

Distances:

Airport to FMC

– approximately 15 kms

Airport to Noarlunga Hospital

– 30 kms

Airport to Repat Health Precinct

– 12 kms

Great Southern Railway (Keswick Terminal)
to Flinders Medical Centre

– approximately 10 kms

to Repat Health Precinct

– 8 kms

to Noarlunga Hospital

– 26 kms.

Patient Assistance Transport Scheme (PATS)

The Patient Assistance Transport Scheme (PATS) is a subsidy program that provides financial assistance to people to help cover the cost of travel, escort and accommodation costs when rural and remote South Australians travel over 100km each way to see a specialist.

If you meet the eligibility requirements, assistance is available to travel on the most economical form of transport appropriate to your medical condition as recommended by your referring doctor.

Claim forms for PATS are available from:

- Local PATS office
- Referring GP / doctors
- Social worker and counselling services
- [PATS section](#) of the SA Health Website. Patients can fill out [Section 3](#). This section also provides guidance about when your doctor needs to fill out Section 1 and when your specialist should to fill out Section 2.

Remember to keep accommodation and travel receipts to attach to your PATS form.

Patient Assistance Transport Scheme Contacts

To discuss eligibility and questions related around PATS:

- Speak with the PATS team on the telephone 1300 341 684
- Email to PATS@sa.gov.au
- Contact your local PATS office (listed below and over page).

Adelaide

PO Box 3017

Rundle Mall ADELAIDE SA 5000

Fax: (08) 8226 5580

Mount Gambier & Districts Health Service

Wehl Street North PO Box 267

MOUNT GAMBIER SA 5290

Fax: (08) 8721 1555

Port Lincoln Health & Hospital Services

PO Box 630
PORT LINCOLN SA 5606
Fax: (08) 8683 2060

Port Augusta Hospital & Regional Health Services

Hospital Road
PORT AUGUSTA SA 5700
Fax: (08) 8668 7643

Riverland Regional Health Service

Maddern Street
BERRI SA 5343
Fax: (08) 8580 2498

Whyalla Hospital & Health Services

Wood Terrace
PO Box 267
WHYALLA SA 5600
Fax: (08) 8648 8529

Accommodation

There are a range of accommodation facilities available. These include subsidised accommodation as well as commercial options.

While PATS eligible clients will receive some rebate there will still be a gap that will need to be covered.

It is essential to book as early as possible to avoid disappointment. When booking, remember to mention any specific requirements you require, ie. unable to climb stairs etc. to allow for a correct allocation of room.

Some commercial accommodation offer discounted rates when staying locally for treatment at FMC, Noarlunga Hospital or Repat Health Precinct. Enquire at the time of booking.

Subsidised Accommodation

Cancer Council Accommodation

The Cancer Council provides a welcoming environment for guests to stay who have travelled to Adelaide for treatment. Personal or nursing care is not provided and it is recommended that you have a carer stay with you. Priority is given to people undergoing cancer treatment but also extends to guests with other medical appointments.

Website and additional information:
www.cancersa.org.au

Locations are:

Cancer Council Lodge – Flinders
27 Dequetteville Terrace, Kent Town
Telephone: 13 11 20

Travel time:
approx. 25 - 30 minutes to both Repat Health Precinct and FMC;
40 - 45 mins to Noarlunga Hospital.

Cancer Council Lodge – Greenhill
204 Greenhill Road, Eastwood
Telephone: 13 11 20

Travel time:
approx. 25- 30 mins to FMC;
20 mins to Repat Health Precinct;
35 mins to Noarlunga Hospital

Cottages 4 Country Care

House located in Wayville

Travel time:

approx. 14 mins to Repat Health Precinct;
25 – 30 mins to FMC or Noarlunga Hospital.

Telephone: 0416 722 870

Email: mates@cottages4countrycare.org.au

Website: www.cottages4countrycare.org.au

There are several units available for country patients who have to stay in Adelaide for treatment.

Low cost accommodation for disadvantaged / disabled people from country areas who require services offered in Adelaide.

Oasis

Head office located at:

114 Henley Beach Road, Torrensville 5031

Telephone: (08) 8234 5802

Share accommodation in self-contained house at Brighton.

Oasis is located on major bus and train routes.

website: cwsa.org.au

Please note travel times may vary subject to traffic and road conditions during your stay in Adelaide. All travel times are approximate and do not include time taken to park your vehicle.

Commercial accommodation

Flinders Medical Centre and Repat Health Precinct catchment area

Some commercial accommodations offer a small discount when you mention you are a patient attending Flinders Medical Centre. Ask at the time of enquiry.

Nunyarra Holiday Apartments

5 Burnell Drive, Belair

Telephone: (08) 8278 1673

5 self-contained family units

All units are located upstairs.

Travel time:

approx. 10 - 15 minute drive to FMC;
13 - 20 minute drive to Repat Health Precinct.

Bookings: nunyarra@senet.com.au

Website: www.nunyarra.com.au

Hotels/motels

Marion Hotel

849 Marion Road, Mitchell Park

Telephone: (08) 8276 8888

Travel time:

approx. 7 minute drive to FMC;
15-20 minutes to Repat Health Precinct.

Close to bus stop.

Website: www.marionhotel.com.au

bookings: info@marionhotel.com.au

Morphett Arms Hotel

138 Morphett Road, Glengowrie

Telephone: (08) 8295 8371

Travel time:

approx. 15 minute drive to FMC;
15 minutes to Repat Health Precinct.

Website: www.morphettarms.com.au

email: office@morphettarms.com.au

Tonsley Hotel

1274 South Road, Clovelly Park

Telephone: (08) 8276 8099

Travel time:

approx. 10 minutes to FMC;
15 mins to Repat Health Precinct.

Website: www.tonsleyhotel.com.au

Marion Motel and Apartments

540 Marion Road, Plympton Park

Telephone: (08) 8371 2899

Enquire about a 10% discount for country patients at FMC.

Travel time: approx. 12 minutes by car to FMC; 15-20 mins to Repat Health Precinct.

Website: www.adelaidemotel.com.au/en-us

Caravan park accommodation

Marion Holiday Park

323 Sturt Road, Bedford Park

Telephone: (08) 8276 6695

Cabins and holiday units

Special rates apply for Flinders Medical Centre patients and their families.

Travel time:

approx. 5 minutes by car or 15-20 minute walk or bus to FMC;

15 mins to Repat Health Precinct
(23-35 minutes by public transport).

Website: www.marionhp.com.au

Sturt River Park

Brookside Road, Darlington

Telephone: (08) 8296 1113

Cabins and on-site vans

Special rates apply for Flinders Medical Centre patients and their families.

Travel times:

approx. 5-10 minutes to FMC;
15-20 minutes to Repat Health Precinct.

Website: www.sturtriverpark.com.au

Woodcroft Park Caravan Park

Lot 1 Bains Road, Woodcroft

Phone: (08) 8325 1233

Cabins, on-site vans, powered sites.

Travel time:

approx 15-20 mins to Repat Health Precinct
and 25 mins to Noarlunga Hospital.

Website: www.woodcroftpark.com.au

Adelaide Shores Caravan Park Resort

Military Rd, West Beach

Travel time: approx. 25 mins to FMC and Repat Health Precinct.

A choice of sites which also include self-catering cabins with a range of options for every budget.

Website: www.adelaideshores.com.au

At time of booking always inquire if the accommodation gives a discount for country patients receiving treatment at the Flinders Medical Centre, as this is not advertised to the general public.

Noarlunga Hospital catchment area

Bed and Breakfast options

The 1839

27 High St, Willunga SA 5172

Phone: (08) 7516 5601

Website: www.the1839.com

Travel time:
approx. 20 mins to Noarlunga Hospital.

Picturesque Pointe Cottage

71 The Esplanade, Port Noarlunga

Phone: (08) 8186 6128

Travel time:
approx. 10 mins to Noarlunga Hospital.

Website: www.portnoarlunga.com/stores/picturesquepointe.htm

Grape Pickers Cottages

575 California Rd, Tatachilla SA 5171

Phone: 0438 332 921

Travel time:
approx. 15 mins to Noarlunga Hospital.

Website: www.grapepickers.com.au

Rendezvous

66 The Esplanade, Christies Beach

Phone: (08) 8382 6295

Travel time:
approx. 10 mins to Noarlunga Hospital.

Website: www.users.bigpond.com/rendezvousbb

Motels/hotels

Christies Beach Hotel/Motel

12-30 Gulfview Rd, Christies Beach

Phone: (08) 8382 1166

Travel time:
approx. 5-10 mins to Noarlunga
(30 mins via public transport).

Website: www.christiesbeachhotel.com.au

Mick O'Shea's Irish Pub & Motel

Main South Rd, Hackham

Phone: (08) 8384 6944

Travel time:
approx. 10 mins via car to Noarlunga
Hospital (30 mins via bus).

Website: www.mickosheas.com.au

Port Noarlunga Motel

39 Saltfleet Street, Port Noarlunga

Phone: (08) 8382 1267

Travel time: approx. 10 mins via car/18 mins via public transport to Noarlunga Hospital.

Website: www.portnoarlungamotel.com.au

Coastview Motor Inn

Cnr Esplanade & Wembley St, Port Noarlunga South

Phone: 83863311

Travel time:
approx. 10 mins via car/30 mins via public transport to Noarlunga Hospital.

Website: www.coastviewmotorinn.com.au

Caravan and Tourist Parks

Christies Beach Tourist Park

39 Sydney Cres, Christies Beach

Phone: (08) 8326 0311

Travel time:
approx. 10 mins to Noarlunga Hospital.
Public transport route N/A.

Website: www.christiesbeachtouristpark.com.au

Moana Beach Tourist Park

44 Nashwauk Cres, Moana

Phone: (08) 8327 0677

Travel time:
approx. 15 mins via car/30 mins via public transport to Noarlunga Hospital.

Website: www.moanabeachtouristpark.com.au

Public transport

Adelaide Metro-InfoLine

For all Adelaide-Metro queries such as planning a journey, current time table, ticket information etc.

Telephone the Adelaide-Metro Information line: 1300 311 108

Or visit www.adelaidemetro.com.au

Other transport options

Access Taxis

Access Taxis cater for passengers with mobility difficulties or disabilities, particularly those with wheelchairs and scooters to be positioned safely and securely into the taxi.

To book an Access Taxi call 1300 360 940 (24 hours a day, 7 days a week).

Taxi Services

Adelaide Independent Taxis

Telephone: 13 22 11

Website: aitaxis.com.au

Suburban Taxi

Telephone: (08) 8400 6266

Website: suburbantaxis.com.au

13CABS

Telephone: 13 22 27

website: 13cabs.com.au

Des's Minibus

Telephone: (08) 8440 1600

website: dessminibus.com.au

Country Links Transport

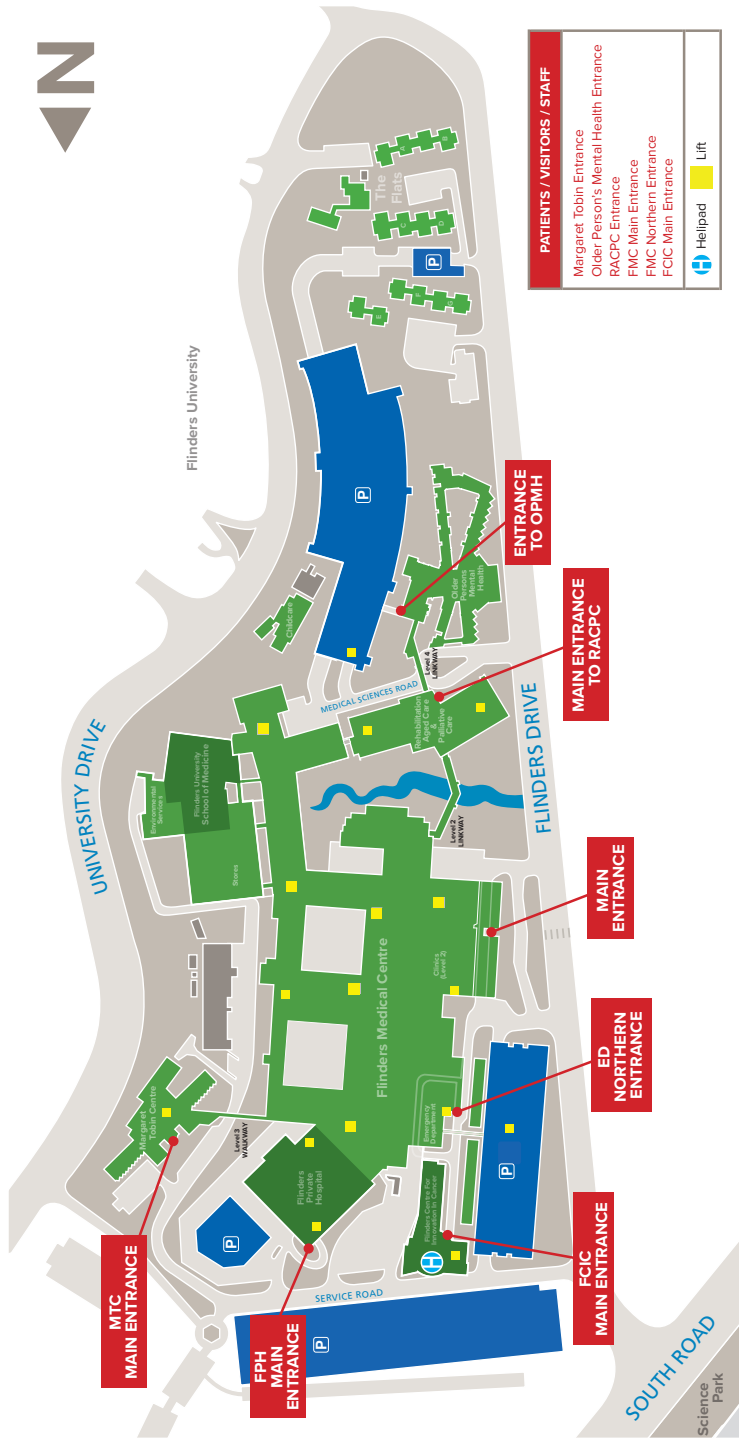
CPN	Council and regions covered	Contact details
Barossa Regional Community Transport Scheme	Barossa and Light Regional	Ph 08 8563 8411 Fax 08 8563 8461 www.barossa.sa.gov.au
Eyre Peninsula Community Passenger Network (Pt Lincoln Office)	Streaky Bay, Le Hunt, Elliston, Kimba, Cleve, Franklin Harbour, Lower Eyre Peninsula, Tumbly Bay & Port Lincoln	Ph 08 6557 1250 Ph 1300 306 551 www.redcross.org.au Encouraged to ring Adelaide Ph 81000 4587
Eyre Peninsula Community Passenger Network (Ceduna Office)	Ceduna	Ph 08 8672 5380 M 0427 543 773 After hours www.redcross.org.au
Hills Community Transport	Mount Barker and Adelaide Hills	Ph 08 8391 7234 Ph 08 8391 7246 council@mountbarker.sa.gov.au www.mountbarker.sa.gov.au/hillscositytransport
Country Health Connect: Kingscote	Kangaroo Island	Ph 08 85534231 Fax 08 85534227
Mid North Community Passenger Network	Clare and Gilbert Valleys, Wakefield, Goyder and Mallala	Ph 08 8842 1677 cpn@cgvc.sa.gov.au http://www.passengernetwork.com.au/
Mid Murray Community Passenger Network	Mid Murray and Murray Bridge	Ph 08 81004609 www.murraymalleetransport.com.au
Murray Mallee Community Passenger Network	Coorong, Karoonda East Murray and Southern Mallee	Ph 08 85723513 Fax 08 85724813 mmcpnc@tbcc.org.au web: www.murraymalleecpn.org.au
Northern Passenger Transport Network	Flinders Ranges, Mount Remarkable, Peterborough, Northern Areas, Orroroo Carrieton	Ph 08 8666 2255 Fax 08 8666 2159 nptn@mtr.fa.gov.au
Riverland Community Transport Scheme	Berri, Barmera, Gerard, Loxton, Waikerie, Renmark, Paringa	Ph 8100 4645 www.redcross.org.au
South East Community Transport Network	Tatiara, Kingston, Robe, Lucindale & Naracoorte	P 1800246850 www.redcross.org.au
Southern Communities Transport Scheme	Victor Harbor Alexandrina Council	Ph 08 8551 0760 Fax 08 8551 0761 scots@victor.sa.gov.au www.victor.sa.gov.au/page.aspx?u=188
Yorke Peninsula Community Transport	Yorke Peninsula Copper Coast Barunga West	Ph 1300 132 932 Ph 08 8853 3700 admin@ypcommunitytransport.org.au www.ypcommunitytransport.org.au

Alternative Transport Options:

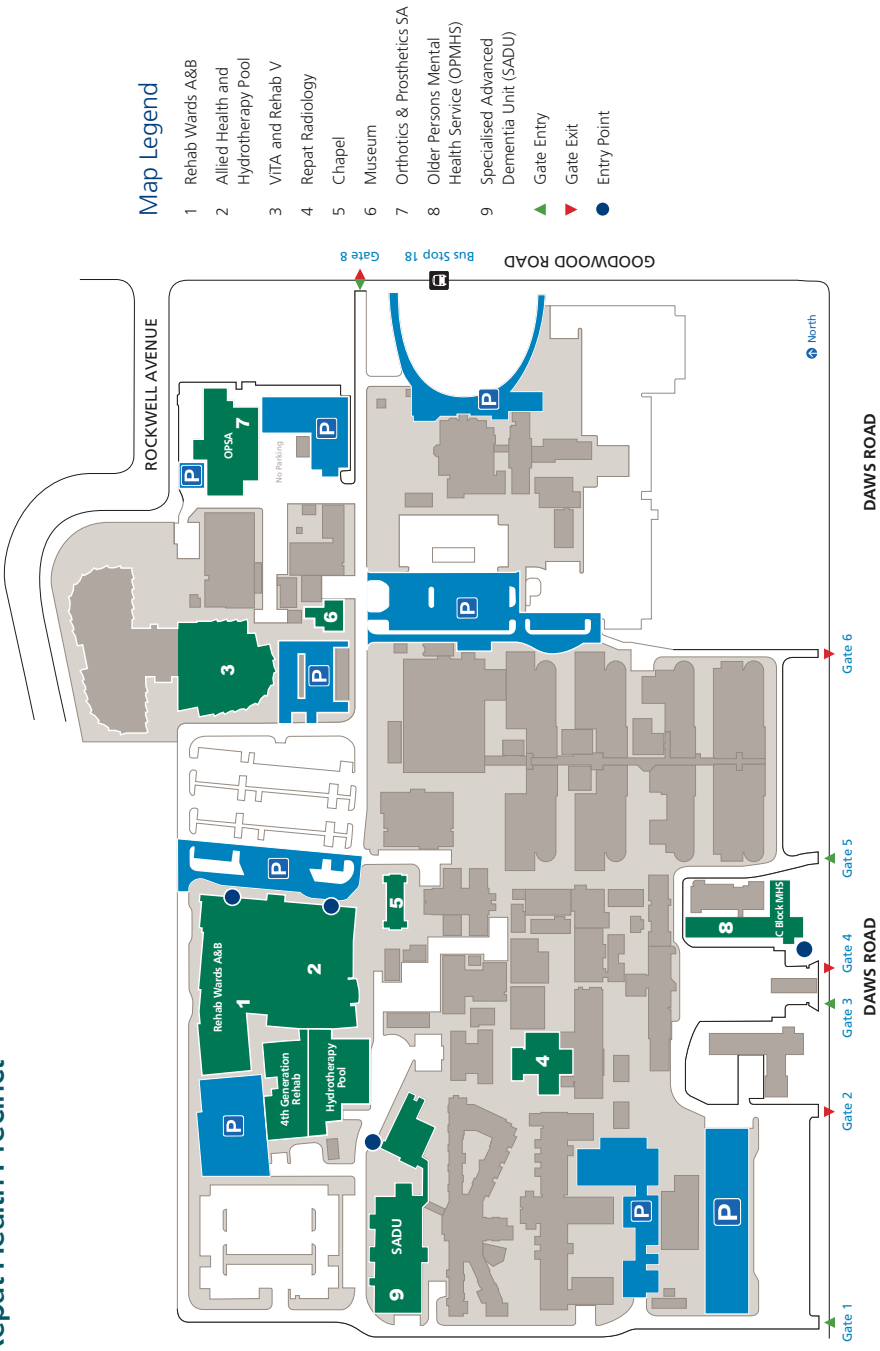
It is expected that patients are required to make their own arrangements home – Sometimes unexpected admissions can't be avoided - if assistance is required in helping you make arrangements to get home ask one of the staff who can contact either the social work department or the country liaison nurse for assistance or advice. The transit lounge is available for patients awaiting discharge from hospital. There is limited parking in front of the transit lounge in which family/friends can collect you - this is adjacent to the western side of the multi-story car park

Some community transport options could also be available to Country Patients attending FMC – advance notice is needed when using this service.

Flinders Medical Centre Precinct



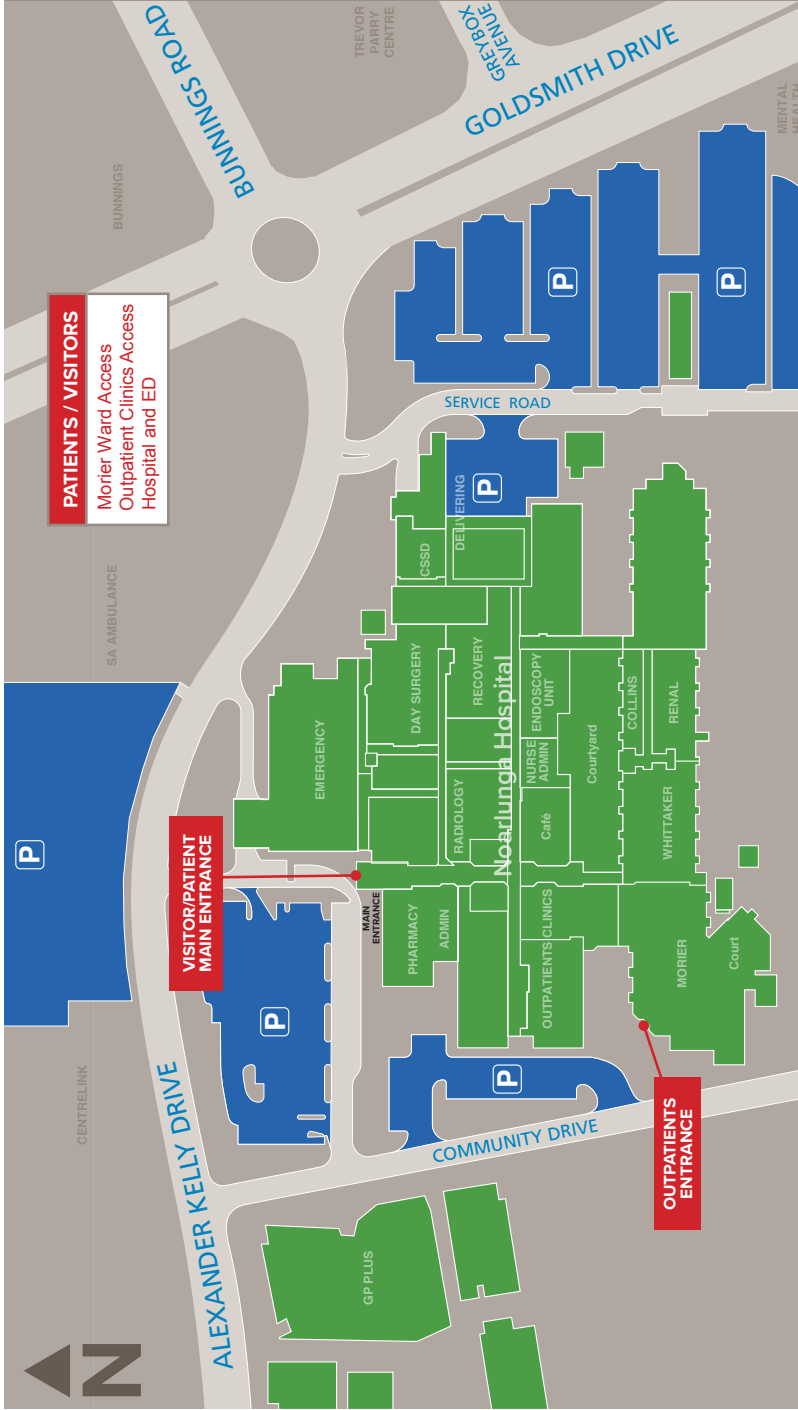
Repat Health Precinct



Map Legend

- 1 Rehab Wards A&B
 - 2 Allied Health and Hydrotherapy Pool
 - 3 VITA and Rehab V
 - 4 Repat Radiology
 - 5 Chapel
 - 6 Museum
 - 7 Orthotics & Prosthetics SA
 - 8 Older Persons Mental Health Service (OPMHS)
 - 9 Specialised Advanced Dementia Unit (SADU)
- ▲ Gate Entry
▼ Gate Exit
● Entry Point

Noarlunga Hopsital Precinct



For more information

The Country Liaison Nurse:

**Flinders Medical Centre
Bedford Park
South Australia 5042**

Telephone: 8204 5511

Pager: #48062

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Government
of South Australia

Health
Southern Adelaide
Local Health Network