



TOONAANGEVEND IN  
GEESTELIJKE GEZONDHEIDSZORG

## DEPARTMENT BROCHURE

# PRISMA



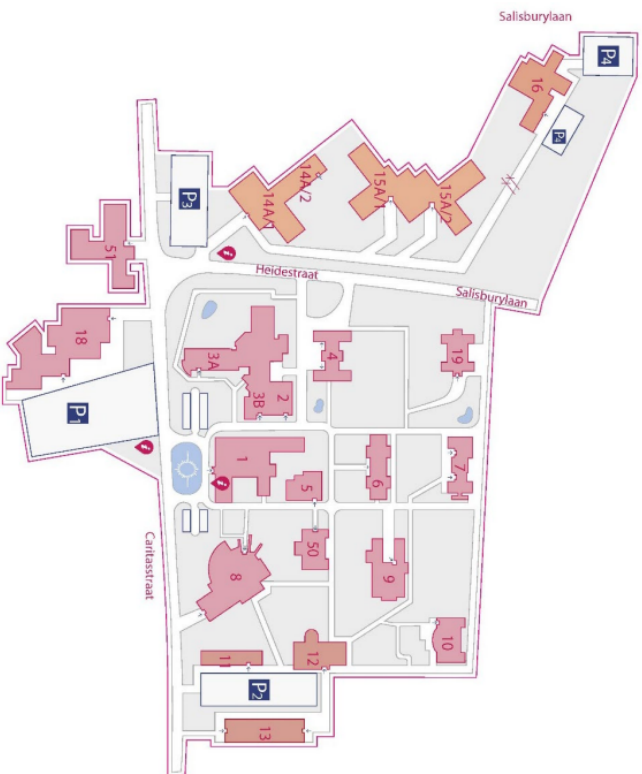
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## CAMPUS MELLE

1	Administratie, onthaal, kapel	09 210 69 69
2	Medisch centrum	
3A	HIC (Crisiszorg)	09 210 68 61
3B	Umaja	09 210 68 63
4	Dageraad	09 210 68 21
5	Fitness & kinesitherapie	
6	Ziekenhuisschool	
8	Restaurant	
9	Jericho	
10	Jovo	09 210 68 81
11	Dagbehandeling Jongvolwassenen	
12	Oude Wasserij	
13	Technische dienst & magazijn	
14A1	Prisma	09 210 65 98
14A2	Mediuncare (HIC)	09 210 68 78
15A1	Branding	09 210 69 21
15A2	Dam	09 244 68 26
16	Kaap	09 210 68 71
18	Revalidatie & sporthal	
50	Kanunnik Triest Plein	
51	Zustergemeenschap	



## WELCOME TO PRISMA !

You are admitted to department “Prisma” for treatment and we would like to make your stay as comfortable and as beneficial as possible. This brochure provides you with information about our manner of working.



## 1. WHERE DID YOU ARRIVE?

Prisma is an open treatment ward with 22 beds. You will sleep in a single room or a double room. Our ward has different living rooms, a therapy room and a garden. To activate you, we organise several therapies outside of the ward.

Patients can come to us for an **admission**, as well as for **day treatment** or for **medication only**. We will decide together with you which form of support suits you most.



## 2. WHAT WILL HAPPEN DURING YOUR STAY / DAY TREATMENT?

### PROCESS OF TREATMENT

At the start, we will focus on offering you **safety**, on bringing **structure** to your day and on **activating** you as much as possible. We'll stay in touch with your everyday life by letting you practise in your home environment on Wednesday afternoons and weekends.

We will gradually build towards more therapies, **tailored to your needs** as much as possible. Our team members will also join you outside of the hospital. The better you succeed in taking back your place in society, the more we can work towards your discharge.

### THERAPY PROGRAM

The patients are assigned to different therapy groups. We find it important that the groups are not too big and that you can connect with the others in your group.

- **Group 1:** The focus is on stabilisation. In a safe and supportive structure, you will take back control of yourself and reality.
- **Group 2:** The therapy program becomes more intense and more tailored to your possibilities and personal goals. We motivate you to take up more independence and to train your skills outside of the hospital.
- **Group 3:** The focus shifts towards rehabilitation. You gradually take more control over your daily activities and continue to build on your life after discharge. The team members are mainly present in a supportive manner.

We think it is important that **you have a say** in your therapy program. In addition to the standard program per group, we also offer therapies you can choose. In consultation with you, it is decided which additional therapies you want to join.

Our team pays extra attention to a **healthy lifestyle**. We support you in your daily hygiene, your sleeping pattern and healthy nutrition. We also encourage you to exercise enough and offer weekly information sessions on all these topics.

### LIFE OUTSIDE OF THERAPY SESSIONS

During your stay you can – in consultation with the team and your housemates – enjoy **free time**. On Wednesdays, the afternoon is free from 2pm till 8pm.

On Weekends, you can take a free day from 8am till 8pm. Long weekends can range from Friday 5pm till Sunday 11.30am, or from Saturday 2pm till Sunday 8pm.

You can receive visitors on weekdays between 6pm and 8pm. On Wednesday-, Saturday- and Sunday afternoon you can receive visitors between 1.30pm and 8pm.

We ask you to receive your visitors in your room or on the domain, but not in the common areas. This to safeguard the rest and privacy of other patients as much as possible.

### WORKING WITH YOUR CONTEXT

On admission, we ask about significant others. Depending on your request, your parents, your partner, your kids or other people from **your network can be invited** to the psychologist, the social worker or your individual counsellor.

We believe it is important to work together with the people who play an important role in your daily life. With your approval, we also contact the Mobile Team, Sheltered Living, your therapist or others who play a part in your personal story.

### AFTER DISCHARGE

After discharge, you can **return** to daily life in steps through day therapy. During your stay, we will look at which care you might need in your home to help prevent a new admission.

### 3. WHO WILL LOOK AFTER YOU?

#### STRUCTURE OF THE TEAM

On arrival a nurse will welcome you and will give you a tour. He or she will give you information about the structure and the habits of our ward.

You will have a weekly appointment with Dr. Beelaert, **responsible doctor of this department**, or his assistant. Both have their office in the medical centre.

A **psychologist** will be assigned to you, Jitske Clarysse or Yasmine De Meyer. They will give you an appointment and listen to your personal story. Their office is at the ward.

For social, financial or legal issues you can consult a **social worker**. Jolien Van Speybroeck or Dieter De Muyter will invite you for an introduction.

For complaints or problems, you can always consult Katrien Callens, **the department manager**. She watches over the organisation of the ward and is always ready to listen.

Our **logistic manager** Patrick will actively involve you in the household tasks of the ward. Together we make Prisma a pleasant place to stay. We also expect your cooperation to keep the rooms tidy and orderly, so the **cleaning ladies** can work comfortably.

#### CONSULTATION WITH THE TEAM

We regularly meet with the team to talk about your trajectory. The team meeting is on Mondays from 1.30pm till 3.30pm. Your progress will be evaluated about every four weeks. We are happy to hear your own input.

## 4. IMPORTANCE OF A POSITIVE ENVIRONMENT

### DEPARTMENT SPECIFIC RULES

Prisma wants to be a warm and safe environment for all its patients. Therefore we ask to **interact with others in a respectful manner**. We also value **privacy**. Patients do not enter each other's rooms, but meet in the common areas or the garden.

It is not always easy to live with a group of different individuals. Problems can always be brought to the attention of the nursing staff or other team members. Together we can find a solution.





## 5. PRACTICAL INFORMATION

### DEPARTMENT SPECIFIC INFORMATION

Every room is equipped with a mini fridge. This can only be used to cool drinks. We ask that you bring as little food as possible to the ward. If you do bring food with you, it is stored in a separate fridge in the kitchen.

The ward is equipped with a washing machine and a dryer. These can be used by patients who do not yet leave the ward. Anyone who has already been allowed to exit is expected to do their laundry at home or in a laundrette.

### 6. DO YOU HAVE QUESTIONS OR COMMENTS?

For questions or comments, you can always reach the ward at 09 210 65 98 or via [prisma.verpleging@karus.be](mailto:prisma.verpleging@karus.be).









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