

Stop, revive, take five!



Driver Reviver Room for parents and carers

Who can use the Driver Reviver Room?

- A parent or carer needing to rest after a long journey to hospital
- A parent or carer needing to rest before commencing a long journey home

Mostly this will be for parents and carers attending outpatient clinics but there may be occasions where inpatient families need to rest before leaving for home.

Unfortunately, this room can only accommodate one person at a time and no children are allowed in the Parents' Hostel unless they are being breast fed. There is a portable cot available for breast feeding babies. Please advise if this is needed when booking.

If you have other children with you, you are welcome to visit the Parent and Carer Resource Centre and have a rest with your family on our couches.

Parent and Carer Resource Centre Opening Hours:*

Weekdays: 8am – 8pm

Weekends: 10am – 2pm

The Parent and Carer Resource Centre is located on level two, around the corner from the chemist.

**Please note these may change pending volunteer availability*

LET'S
TAKE FIVE!





How to book

Parents' Hostel Reception
 Phone: (02) 9845 2958
 Monday – Friday between 10am – 4pm

The room can be booked for a maximum of four hours and can be booked in advance. If you are looking for overnight or longer accommodation, the Parent's Hostel is available for adults (if your child is an inpatient of the Hospital only). If you are looking to accommodate your family overnight or long-term, the Parent and Carer Resource Centre can provide you with a list of nearby hotel and motel options.

There is no charge for use of the room.

If a parent or carer arrives late in the evening and uses the room overnight, there is a charge of \$23.

For bookings outside the hours of 10am – 4pm, call Security on (02) 9845 2002.

Security will be able to direct you to the room if it is available. The Security Office is located on level two near the Emergency Department Waiting Room.

What facilities are in the room?

- Single bed
- An armchair
- Bedside table
- Air conditioning/heating
- A window that opens to fresh air

Fresh linen will be provided for the Driver Reviver Room guest to make the bed. The guest is asked to strip the bed after use and put the dirty linen in the linen bag provided.

There is access to a shower and a towel will be provided. Personal toiletries should be brought with you or ask in the Parent and Carer Resource Centre (level two) for a free toiletry pack.

Please do not allow other people into the room at any time. This includes children and other family members.

The best way to avoid driving tired is to make sure you have enough sleep before driving, regardless of the length of your trip, and to take appropriate breaks on long journeys.