

Making the most of your stay

We are committed to ensuring you have a seamless continuity of care. You will have a dedicated room for the entire duration of your stay with us and we encourage you to bring in items from home.

By using your own items, staff can better plan your care and you will feel more comfortable following your care plan when you leave Torrens House.

We encourage you to bring in items that you would normally need when away from home for a few days:

- > your baby's clothes and sleeping bag (if using one)
- > toiletries for yourself and baby
- > if you are breastfeeding and using feeding aids please bring them with you (e.g. nipple shield, supply line, pump for expressing)
- > if using infant formula, please bring formula, bottles, caps, teats, bottle brush and sterilising equipment
- > disposable nappies, nappy wipes and nappy disposal bags
- > pram, wrap sheet, a favourite toy and/or book
- > pillows are supplied but you are welcome to bring your own
- > any medication you or your baby take, in its original packaging
- > your baby's My Health and Development Record (Blue Book)
- > medicare card
- > laundry facilities are available.



cafhs.sa.gov.au



Where we are

We are located at 295 South Terrace, Adelaide.
Torrens House is a smoke free area.

Car parking

Car parking is limited, so we encourage you to arrange for someone to drop you off on Tuesday and pick you up on Friday.

There is secure night time parking for partners who wish to stay overnight.

Families from the country are given car parking preference.

Cancellations

Please call 8303 1522, prior to your admission date, if you are unable to attend or if you or your baby are unwell.

For more information

Visit cafhs.sa.gov.au or call 1300 733 606



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Torrens House

A free short stay residential service for SA families with babies up to 12 months of age.



Government of South Australia
Women's and Children's Health Network

Torrens House offers a three night short stay from Tuesday to Friday, for up to nine families each week.

Our qualified and friendly staff will work with you and your baby and offer support with unresolved feeding, settling and sleeping issues.

Families from anywhere in South Australian can be referred to Torrens House by a Child and Family Health Service (CaFHS) nurse.

Partners are encouraged to stay if they are able. Your other children are welcome to visit and have meals with you, but are unable to stay overnight.

Admission occurs on Tuesdays from 8.00am and discharge is before 1.30pm on Fridays.

All rooms have a queen-sized bed, air conditioning, ensuite facilities and a small fridge. You and your baby's meals will be provided, please let us know if you or your baby have any special dietary needs.

Once your referral has been submitted by your CaFHS nurse, you will be contacted by the Torrens House Intake Coordinator to discuss a suitable admission date and time.

Your safety is our priority

Torrens House is committed to providing a safe environment for babies, families and staff. If you need assistance at any time, please use the call bell, located on the wall near the door of your room and bathroom.



Planning your care

At the beginning of your stay, we will discuss what you want to achieve while you are here, and tailor a plan based on your individual needs and goals.

We are committed to working with you to:

- > build your confidence in communicating with your baby
- > learn new skills to help your baby with feeding, settling and sleeping
- > develop a care plan to support you at home and continuing your journey as a parent/caregiver.

Our staff are skilled in areas such as breastfeeding, settling, sleeping, nutrition, and infant development. As well as nursing staff, we have psychologists, General Practitioners and Pediatric Registrars who are committed to working in partnership with you.

Torrens House does not recommend co-sleeping and during your stay, your baby will be settled to sleep in their own cot.

Meals

Complimentary fresh and nutritious meals are available to you and your baby during your stay. Staff will organise food for your baby at each meal time. The kitchen staff can assist with any special dietary requirements you or your baby may have.

You are also welcome to bring in any preferred food or snacks and keep them in your room or labelled in the kitchen area.

If you or your baby become unwell

If you or your baby become unwell while in Torrens House, you may be asked to leave to prevent spread of infection. However, we will discuss other ways to support you and/or provide an additional stay at a later date.