

## People who may be involved in your care

### Doctors



A **consultant doctor** will be **responsible** for **overseeing** your **treatment and management**.

The **consultant doctor** will **visit** you **once a week** on a ward round to see how you are doing.

There is also a **doctor** on the ward who will look after your **daily medical needs**. He/ she is on the ward daily.

### Nurses and Health Care Assistants



**Nurses** and **health care assistants** will **help** and **support** you during your stay.

They will **help** you to **practise everyday tasks** on the ward and assist you in achieving all your daily care needs.

Once handed over from therapists they can assist you to practice transfers.

## Pharmacist



A **pharmacist** is an expert in medicines and their use. They advise medical and nursing staff on the selection and appropriate use of medicines. They can provide you with **information** on how to manage your medicines to ensure optimal treatment.

## Neuropsychologist



The Neuropsychology Service provides assessments or “**Brain Checks**” to see how well your brain is recovering from the recent illness or injury.

The **assessment** consists of various tests which look at **concentration, memory and problem solving**.

The results will help us design a **rehabilitation programme** for you and will also be useful in **monitoring** your recovery.

We are also interested in knowing **how you are adjusting and coping emotionally** with your illness/injury so that we can provide appropriate **support, advice and recommendations**.

## Physiotherapist



The **physiotherapist** will look at your posture and the way your body moves.

They will analyse how your muscles and joints are working since your injury. Physiotherapists work Monday to Friday.

It focuses on **treatments** of physical problems such as impaired balance, posture, co ordination and mobility.

If your body can't move properly, they will show you ways of moving that will help to stop your muscles from getting weak and painful.

In the first week your Physiotherapist will assess your needs and discuss a treatment plan which will help you to work towards achieving your goals.

**Equipment** may be used to help you to stand or walk and a second person may assist the therapist if needed.

### The physiotherapist can help you with:



**Sitting comfortably** in bed or in a wheelchair



Being able to **balance** when you are sitting up in bed or in a chair



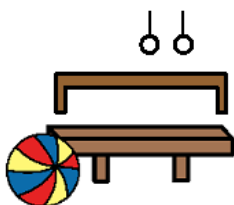
**Standing** up with some help



**Moving** around in a safe way



**Getting in and out** of bed, toilet, a chair or the car



The physiotherapist will meet you either on the ward or in the gym. The gym has equipment that might help you to move around in a safe way.

Your physiotherapist might give you exercises you can practice outside of therapy sessions.

## What clothes should I wear for physiotherapy sessions?



shorts or  
tracksuit bottoms



t-shirt



trainers or comfortable  
supportive shoes



You might be asked to take off your top so that the physiotherapist can see what your muscles are doing.

When you **leave** the **Sussex Rehabilitation Centre** you may still **need** some **help** from a **physiotherapist**.



This will be at the **hospital outpatient** department.



or a **physiotherapist** will come to your **home**.

## Occupational Therapist



The occupational therapist will look at the way your **injury** has **changed** how you **do things**.

The occupational therapist might **help** you to **do things** in the **way** you **did before** your **injury**, but **most often** they will need to **help** you to **find new ways** of doing things.

## The Occupational Therapist can help you with:



**Sitting** in a good way in bed or in a chair so that your

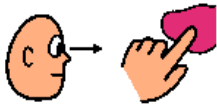
muscles and joints don't get stiff



**getting in and out** of bed, toilet, a chair or the car



ways to **keep** your **arms** and **hands moving** well. You might be given exercises or a splint to manage stiffness and pain or to increase movement.



your **vision** and **touch**.



**practising** daily activities like **washing, dressing, grooming, feeding, doing tasks** in the kitchen and other tasks you do at home or work.



**remembering** things. Thinking skills, such as loss of memory, reduced problem solving, reduced attention span, lack of concentration or altered judgement may be affected.



The **Occupational Therapist** will also order you a **wheelchair** if you need one, and are eligible for one when you leave.

The **Occupational Therapist** might be ordering adaptive equipment for you to help you managing at home and also liaise with other services for you.



Another part of your Occupational Therapist' role will be to facilitate your discharge. This might include **visiting** your **home** to see if you need any **equipment** to **help** you when you **leave** Sussex

Rehabilitation Centre.

The **Occupational Therapist** might take you on a **home visit** before discharge to see how you may cope at home and try adaptive equipment if provided.

You may be referred to the **Occupational Therapy Assistant** to carry out rehabilitation sessions as outlined by the Occupational Therapist.

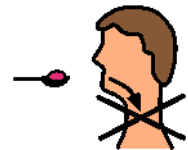
## Speech and Language Therapist

Swallowing:



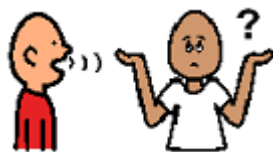
The **speech and language therapist** will **look** at how your **injury** may have **affected** your ability to **swallow**.

If you are having difficulty swallowing, a speech and language therapist may **modify** what you eat and drink, or give you **strategies** in order to make sure food and fluid does not go down the wrong way.



Speaking:

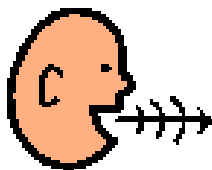
The speech and language therapist will also look at your:



**Understanding**



**Reading**



**Speaking**



**Writing**

## The Speech and Language Therapist can help you with:



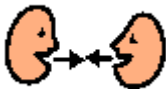
finding easier ways of **communicating**



finding out about your **reading, writing, speaking** and **understanding** and **explaining** any **changes**.



**information** and **advice** for your **family** and **friends** on **how they can help**.



**talking** to **other members** of the **rehabilitation team**.

Speech and Language Therapist work every working day.

## Dietitian



The Dietitian and Dietetic Assistant are available to advise you on the **best types of food** and **drink** for your health.

They use a variety of **supplements** to meet extra dietary requirements.

They will be aiming to help you achieve or maintain a **healthy weight** during your stay.

The Dietitian can offer **advice for home** and will provide any necessary equipment.

## Social Worker



The social worker will help you to decide what to do when you leave Sussex Rehabilitation Centre.

You might need help in your own home or you might need to move to a home where nurses and care workers can look after you.

The social worker will help you to decide what is best and show you who to talk to about getting the care you need.

The social worker will also decide if you need extra help to pay for your care.

### The social worker might look at finding help for:



washing and dressing



taking your medication



making meals



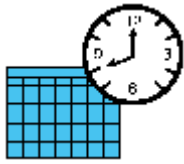
finding somewhere to live where there are staff to look after you



paying for the care you need



## Understanding your therapy timetable



At the beginning of each week a **timetable** will be put in a folder by your bed.

The timetable tells you and your family when your therapy sessions are.



Each session lasts approximately 45 minutes.

Your family will be able to plan their visits so that they don't interrupt your sessions, or they may want to attend if you wish.

They may also want to arrange to speak to your therapists before or after your sessions.



The timetable will help you to know when to get ready for your therapy sessions.



You may need to make sure you have been to the toilet or that you are wearing the right clothes.

The therapists will put their **coloured dot** on the timetable so that you know when each therapist will be working with you:

**Green dot** ● Occupational Therapy

**Blue dot** ● Physiotherapy

**Black dot** ● Neuropsychology

**Red dot** ● Speech and Language Therapy

You will get a new timetable every week.

## Your Meetings



You will be allocated a **lead therapist** at the beginning of your stay. This person will be responsible for coordinating your meetings and discharge plans.

You will have **planning meetings** at regular intervals during your stay on the unit.

The **aim** of these meetings is to discuss your **progress** (in relation to your goals) and to formalise **the plans** for your discharge.

All the members of the team involved in your care will input to these meetings, together with yourself and any relatives/friends you choose to bring.

The meetings are also an opportunity for you and your family to **ask questions**.

## Giving Consent



Attending your therapy sessions and receiving treatment is **your choice**.

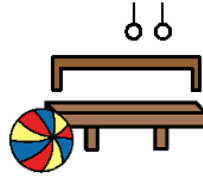
**Your consent** is needed before any particular procedure or treatment is carried out. Your therapist, nurse or doctor will ask you beforehand.

Staff will outline the benefits and risks relating to a particular technique so that you can make an **informed decision**.

It is important to note that **refusing** to attend your therapy sessions or to participate in the rehabilitation process **could** result in you **not achieving** what you **need** or **want** in order to return home safely.

## Location of therapy

Your therapy sessions may take place either on the ward, in the gym, therapy rooms, outside or in the community.



## Group work



If your therapist feels you would benefit, you may be asked if you would like to participate in group sessions. The Groups are normally run once a week.

There are different groups run throughout the year, dependent on staffing and the team will be able to update you arrive

## Visiting Times

Lindfield and Newtimber wards are open to visitors from 15.00 – 17.00 hours and 19.00 – 20.30 hours.

If your family and friends wish to visit outside of these hours, it must be discussed with the ward sister beforehand.

If your family are visiting to attend one of your therapy sessions and this is outside of visiting times, please can they go the multidisciplinary office to meet the therapist rather than to the ward. This prevents the ward from becoming overcrowded.

## Mealtimes

Mealtimes are at 12.15 – 13.00 and 17.15 -18.00 hours. We have a protected mealtime policy. Therapists, family and visitors are not allowed to disrupt you unless it is specifically for therapeutic purposes and it has been agreed by the ward sister. We encourage you to have your meals in the day room with others. If you need assistance with feeding, the staff will be willing to help you.

## What happens when I am ready to leave Sussex Rehabilitation Centre?



When it is **clear** that you are **ready to leave** the rehabilitation centre there will be a **discharge planning meeting** with the staff, yourself and your family.

This meeting will **finalise** the **plans** for you to **leave safely**.



### Going back to your own home

Discharge home will be soon as your needs can be met in the community. Therapy can then be continued at home.



If you are going back to your **own home** you may **need aids** and **equipment** to help you. Your therapists will ensure these are in place before you are discharged.

You **may** need people to come to your home to **help** you to do things like **get in and out of bed**, get **dressed** and **washed**, make **meals** and use the **toilet**.





**Sometimes** local organisations can **help** you with **shopping** and **housework**.



Your **ability** to **pay** for **help** will be looked at, and you will be **given advice** on the **benefits** available.



## Going to a rest home



You **may need help** from **social services** to **pay** for a place at a rest home. The social worker will help to organise this for you.



Your family will be given help to look for somewhere suitable and affordable for you.



## Nursing Care



If you **need nursing care** the **NHS** and **Social Services** may be able to **help** you **pay**, you could be assessed for these before or after you leave hospital



If **you** are **able** to pay **some money** yourself, **they** will pay for your **nursing needs** and **you** will pay for the place where you stay.

## Will I get therapy when I leave?

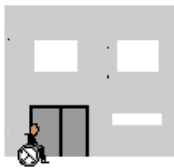


If you are still making gains, and have clear goals to work on, you may have therapy when you leave.

Waiting lists, intensity and duration of community therapy may vary depending on the local service and your own individual needs. The team will discuss this with you prior to you leaving the unit.



You may be referred to the **community psychologist** who can **help** and **support you** and your **family** as you get used to life at home after your injury.



**Some people** need to go to another **specialist centre** for more **rehabilitation** after their stay at the Sussex Rehabilitation Centre.

There is a list of useful telephone numbers at the back of this folder which may help you once you are at home

The Team at **Sussex Rehabilitation Centre** will **work together** with **you** and your **family** to **make sure** that you **have everything** you **need** when you **leave** the hospital.