

Welcome to the Sussex Rehabilitation Centre

This booklet is to help you:

- Know what to expect here
- Understand what has happened to you and how rehabilitation works

Contents

Why am I going to the Sussex Rehabilitation Centre (the SRC)?	2
How do I get there?	3
What will happen when I get there?	3
What do I need to take with me?	3
Who will look after me at the SRC?	4
When will my therapy begin?	5
How long will I be in the SRC?	6
What can affect my recovery?	6
What about drinks and meals?	7
What else is there at the Princess Royal Hospital?	7
Can I have visitors?	8
Can I make and receive phone calls?	8
What will happen when I am discharged?	8
Comments, complaints and praise	9
Who will help me and my family with any concerns or queries?	10
Where to get more information and help	10

Why am I going to the Sussex Rehabilitation Centre (the SRC)?

You are going to the SRC for rehabilitation.

The SRC helps people with stroke, moderate to severe head injury and neurological disorders. The SRC will help you get back as much of your independence as possible.

Neurological rehabilitation cannot take away the damage to your nervous system but it can guide recovery. We can help you adapt to changes caused by your illness or injury, and it can help the natural process of recovery.

How do I get there?

You will be transferred here from the ward you are staying on in the hospital. The staff will arrange for patient transport to bring you.

For visitors, there are buses that stop outside the Princess Royal Hospital:

Metrobus: 270, 271, 272

Compass Travel: 30, 31, 33, 39, 62, 89, 166, 769



What will happen when I get there?

You will be shown to your bed and shown where to put your belongings. The SRC is made up of 2 wards, Lindfield and Newtimber. Both wards have 3 bays of up to 6 beds each. You may be given a side room but this depends on your personal and medical needs, and priority is given to patients who need to be alone, for example if they have an infectious illness.

Your assessment will start as soon as possible, either when you arrive or on the next working day. We will be looking to see what skills you have kept and what skills you can get back and we will work with you to find new ways of doing things.

What do I need to take with me?

Please do not bring too much with you as space is limited. One small cabin-baggage size case is enough.

For day time you will need

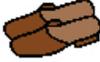
- Comfortable clothes
- Supportive shoes
- You may need shorts for physiotherapy



For night time, you will need



- Pyjamas
- Slippers
- Washbag with toiletries



You relatives or friends must do your washing at home.

Please feel free to bring one small thing with you from home (for example, a photo in a frame or an ornament) if it would help you to feel more comfortable.



You will be given headphones to listen to radio and for the TV by your bed.

If you bring any electrical items (for example, a hairdryer or phone charger), they will be checked by a hospital electrician before you can use them. We are not able to take responsibility for the safety of your personal possessions'



Who will look after me at the SRC?

You will see a range of different people depending on what you need help with. This includes:

- Medical and nursing staff
- Therapists, including physiotherapists, occupational therapists, speech and language therapists
- Dietitian
- Social workers
- Psychologists and counsellors.

You will be under the care of a named consultant.

The SRC team staff are:

Matron	Nathalie Pearson
Ward Nursing Leads	Caroline Browne Nadine Richards
Consultants	Dr A Skinner Dr K Ali Dr C Mehta Dr Y Ng
Therapy Lead	Michelle Long

When will my therapy begin?

You will be assessed by Physiotherapy, Occupational Therapy and Dietetics within the first two working days of admission. Patients do not always need to see our speech and language therapists, Psychologists or counsellors. If you need to see them you will be seen within the first week of referral to them. Once you have been assessed, we can see what you are having problems with and how we can help you. The team helping you will work with you to set goals for your recovery.

Your therapy will be from Monday to Friday. We will seek your consent for all treatments. If there are any concerns regarding your ability to consent then a capacity assessment may take place in line with the Mental Capacity Act (2005). A weekly timetable will outline the therapy sessions you will receive and any meetings you may have.

You can expect to have physiotherapy, speech and language therapy and occupational therapy five days a week, but you may not require this intensity. Your number of sessions will be discussed with you. The minimum standard for physiotherapy, speech therapy and occupational therapy input is four days a week for patients with a high rehab need. These therapy sessions usually last about

45 minutes. Psychology, counselling and dietetics have less specific contact standards and will discuss your specific needs and sessions directly with you. You will be encouraged to do as much for yourself as possible outside of therapy sessions.

About two weeks after you arrive, your team will ask you if it is ok to meet with you and your family or carer to talk about what has happened so far. We will chat with you about what we can work on, we will ask you and your family what your priorities are and what your hopes are. We will discuss with you and your family what the plans for the next stage of your rehabilitation are. Please ask us any questions you want.

There is scope to have further meetings with the team if required.

How long will I be in the SRC?

We will usually start discussing your length of stay and when you will be discharged, soon after you arrive with us. Your length of stay will depend on your needs.

But remember: getting better is different for everyone. We all heal at different rates. You cannot see your brain recover but you can tell it is recovering because you are able to do more.

It is important to remember that SRC is a stage in your recovery journey. Recovery can continue for a long time after a brain injury.

What can affect my recovery?

There are different things that will affect how you recover.

These include:

- Your general health (for example, if you have high blood pressure)
- How well you can eat and drink
- Depression
- Infections

- How well you were able to think, learn and remember new things prior to your brain injury.

We will watch out for these things and try and support you with them.

What about drinks and meals?

Drinks are served at the bedside.

You may want to eat your meals in the dining room, or you may eat them at your bedside. The choice is yours.



Breakfast

7.00 am



Drink

10.00 am



Lunch

12 noon



Drink and snack

2.30 pm



Supper

5.00 pm

Drink

9.00 pm



What else is there at the Princess Royal Hospital?

A restaurant with balcony seating area	Second floor
A faith room. The faith room is always open for private contemplation. There is a prayer room for Muslim staff and patients. You will need the access code from the chaplaincy team. The Chaplaincy team can be contacted on 01444 441881, extension number 8232.	First Floor
A league of friends cafe with outdoor seating	Ground floor
A WRVS shop	Ground floor
A dining room with access to the garden	Lower Ground Floor
A physiotherapy gym	Lower Ground Floor

Please respect the no alcohol, no smoking, no vaping policy in the hospital.



Can I have visitors?

Yes you can.

Visiting hours are between 3.00 pm and 8.00 pm every day.



However, we have 'protected mealtimes', which means that visitors will be asked to leave the ward during mealtimes so that you can eat in peace and quiet.

Can I make and receive phone calls?

Friends and family can call you on your bedside phone (it's free to register) or mobile. Your nominated next of kin may call the nurses station to find out how you are on **Newtimber Ward Ext. 5801 or 5802** **Lindfield Ward Ext. 5615 or 5616**. Ward staff are limited with the information that they can provide to friends and family over the phone. Mobile phone chargers will need to be tested by the hospital electrician.

What will happen when I am discharged?

We will do everything we can to make the move onwards from the SRC a smooth one.

Before you are discharged, your Occupational therapist will discuss any equipment requirements with you, including wheelchairs. If you are going home, an Occupational therapist may visit your home. This is to evaluate your home environment, and make recommendations for adaptations that will make it easier and safer for you. Sometimes it is useful for the Occupational therapist to accompany you on a visit home prior to discharge.

We are able to liaise with social services regarding any care required on discharge as necessary.

We will make sure that your GP is informed about your stay at the SRC. We will send your GP a discharge summary and you will be given a two week supply of medicines.

If you need it, we will arrange with the community neuro-rehabilitation teams to visit you and continue your therapy at home. Your rehabilitation consultant will also be in contact with you. When you are discharged, you will be sent an outpatient appointment.

Some patients are entitled to patient transport when they leave hospital. This will be arranged if appropriate by the ward staff. You will need to ask your relatives to take home as much of your property as they can before you go home. This is because patient transport can only take one small bag of property plus a mobility aid (if required).

Comments, complaints and praise

Do you have any ideas? Would you like to make a complaint? Do you have some praise or feedback you would like to share?

Please speak to the nurse in charge or the ward manager.

You can fill in our new Friends and Family Test too. When you are discharged from our hospital you may be asked “How likely would you be to recommend our service to your friends and family if they needed similar care or treatment?” You will be asked this by text, automated phone message or card. Your response is free and anonymous. If you don't wish to take part, simply reply STOP when you receive the message or speak to a staff member.

For more information, please visit: www.nhs.uk/friendsandfamily

Who will help me and my family with any concerns or queries?

Being a patient, relative or carer can sometimes be worrying or confusing. If you, or a relative or friend is concerned about something, please speak to a nurse or therapist first if possible.

The Patient Advice Liaison Service can help you. PALS will:

- Help with concerns or queries you may have about your care
- Help you access your medical records 
- Give information about local health and health services 
- Give information about voluntary organisations and support groups 
- Help if you want to make a complaint to the NHS
- Make sure your experience with the NHS is as easy and problem-free as possible
- Provide an opportunity for you to give your views on local services and use your suggestions on how these can be improved
- Call PALS on **01444 448678**

Support groups

West Sussex

Carers Support (based in PRH)

0300 028 8888

www.carerssupport.org.uk

Carers Health

01243 623521



Stroke Association Mid Sussex

Caroline Dooley 07957 127404

<https://www.stroke.org.uk/finding-support/mid-sussex-stroke-recovery-service>

Headway West Sussex

07938 858153

www.headwaywestsussex.org.uk

East Sussex

Care for the Carers

01323 738390

www.cftc.org.uk

Stroke Association East Sussex

Zuher Panju 07717 275796

<https://www.stroke.org.uk/finding-support/east-sussex-stroke-recovery-service>

Headway East Sussex (inc. Brighton)

01825 724323

www.headwayeastsussex.org.uk



Brighton & Hove

Carers Hub

01273 977000

<https://carershub.co.uk/>

Stroke Association Brighton & Hove Martin Haney

07799 436041

<https://www.stroke.org.uk/finding-support/brighton-and-hove-stroke-recovery-service>

All areas

Say Aphasia

07796 143118

hello@sayaphasia.org

Wheelchair loan (Red Cross)

0300 456 1914



Different Strokes, for people of working age

0345 130 7172

<https://differentstrokes.co.uk/>

Spinal Injuries Association

0800 980 0501

<https://www.spinal.co.uk>

Brain & Spine Foundation

0808 808 1000

<https://www.brainandspine.org.uk>

GAIN (GBS)

0800 374803

<https://gaincharity.org.uk>

General

In house

Legal Clinic. Please speak to a member of staff for a referral to the Trusts free legal advisory service

Blue badge

<https://bluebadge.direct.gov.uk/>

Personal Independence Payment

0800 917 2222

<https://www.gov.uk/pip>

Attendance Allowance

<https://www.gov.uk/attendance-allowance>

Pet Care – Cinnamon Trust

01736 757900

www.cinnamon.org.uk

© Brighton and Sussex University Hospitals NHS Trust

Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 965

Publication Date: May 2019 Review Date: May 2021

