

## Patient Advice Sheet

### Rehabilitation therapy on the Waterside Unit

Our rehabilitation therapy team includes Occupational Therapists, Physiotherapists and Rehabilitation Assistants. We promote a patient-led rehabilitation philosophy at the Waterside Unit. Upon admission, you will be assessed and set personal goals with your therapist (details are provided later in this booklet). You will then have a rehabilitation plan that you should carry out mostly by yourself (just as you would if you were at home), guided by the therapy team.

#### Occupational Therapy

An occupational therapist helps people of all ages overcome challenges in completing everyday tasks or activities.

Your occupational therapist is: \_\_\_\_\_

#### Physiotherapy

Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability.

Your physiotherapist is: \_\_\_\_\_

**We hope your therapy will lead to a safe and speedy discharge, so that you can continue your rehabilitation when you leave Waterside Unit.**

#### What to expect

- The focus of this rehabilitation unit is to act as a transition to home.
- We hope to replicate the activities that you want and need to do in your home environment.
- Your therapy team will be asking lots of questions related to the activities you were doing at home before being admitted to the hospital. Do you have any priorities?

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- By understanding your priorities, the therapy team will be able to help set realistic goals with you.
- Discharge planning will begin on the day of your admission. The Waterside team will work towards setting a discharge date after initial assessments.
- If required, the Waterside team can refer you for ongoing support in your home, including a package of care and/or community therapy.

## Rehabilitation plans

Some of the therapy tools used to achieve your goals on the ward include:

- Therapy sessions on the ward or in the therapy gym
- Furniture Measurement Form. This form is typically on green paper and is designed to help us better understand what your furniture looks like at home. We kindly request that a family member or friend visit your home to take the measurements requested on the form.
- Exercises – Copies of your exercises will be provided with a demonstration. It is expected that these will be completed between therapy sessions.
- Access Visits – The therapy team may decide that a visit to the home is required to review spaces for new equipment or home setups. This is not necessary for all patients.
- Home visits – the therapy team may take you from the hospital to your home to review existing or new equipment and show you how to use it. Again, this may not be required for all patients and requires clinical justification.

**You must strive to be as independent as possible, as rehabilitation is ongoing and not just during therapy sessions. For example, if you can walk to the bathroom or day room with the assistance of nursing staff, this counts as rehabilitation.**

### Your rehabilitation plan:

- 1) \_\_\_\_\_  
\_\_\_\_\_
- 2) \_\_\_\_\_  
\_\_\_\_\_
- 3) \_\_\_\_\_  
\_\_\_\_\_

A therapy feedback form will be provided at the end of the admission.  
The team asks that you complete the form and hand it back to the nursing staff.

## Goal Setting

Goal setting is a key component of rehabilitation. Goals must be meaningful, important, and specific. Your therapy team will work with you to set goals for in-hospital (short-term) as well as once you are home (long-term). Your therapy team will help set goals that are specific, achievable, and have a realistic timeframe.

### Short-term goals (In hospital):

These goals will help you safely discharge from the hospital. They are:

- 4) \_\_\_\_\_  
\_\_\_\_\_
- 5) \_\_\_\_\_  
\_\_\_\_\_
- 6) \_\_\_\_\_  
\_\_\_\_\_

Examples for some in-hospital goals may be:

- Standing up
- Washing and dressing

### Long-term goals (to continue at home)

Some goals are better to be worked on in your home environment. These include:

- 7) \_\_\_\_\_  
\_\_\_\_\_
- 8) \_\_\_\_\_  
\_\_\_\_\_
- 9) \_\_\_\_\_  
\_\_\_\_\_

Examples of some goals to work on at home:

- Walking in your garden

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

### **How can I help reduce healthcare associated infections?**

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

### **Patient Advice Sheet**

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email [bht.pals@nhs.net](mailto:bht.pals@nhs.net)

