

Alternative Formats:

If you require this document in an alternative format or language, please contact **01282 805620**

Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z **01282 805620**

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚਾਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ **01282 805620**

Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی فون کریں **01282 805620**

Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন **01282 805620**

Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați **01282 805620**

Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba, prašome susisiekti su mumis **01282 805620**

Complaints and/or Concerns:

If you have a specific complaint or concern about our Service, please contact the Patient Advice and Liaison Service (PALS) in one of the following ways:

T. 01254 733700
E. complaints@elht.nhs.uk

In writing to:

Customer Relations Team
Park View Offices
Royal Blackburn Hospital
Haslingden Road
Blackburn
BB2 3HH

Therapist Information & Treatment Notes

If you require someone to represent your views, please discuss this with your Therapist.

Your Therapist's Name is:

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Plans/Notes Agreed:

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Community Rehab

T. 01282 805609
E. ittadmin@elht.nhs.uk
W. www.elht.nhs.uk

 @ELHT.NHS

  @ELHT_NHS

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East Lancashire Hospitals
NHS Trust
A University Teaching Trust

COMMUNITY REHABILITATION

PROMOTING
INDEPENDENCE IN
YOUR OWN HOME

Safe | Personal | Effective

What is Community Rehabilitation?

The community rehabilitation team is locality based, working closely with GP practices and community nursing teams.

The community rehab teams are health care professionals including physiotherapists and occupational therapists.

What are the aims of the Service?

The aim of the service is to offer advice and techniques to enable you to manage your condition; to help prevent un-necessary hospital admission and to support early safe discharge.

We offer a comprehensive assessment so your needs can be identified. You and your therapist will then set goals to structure the therapy involvement. These goals will be reviewed regularly.

We can help you consider the risks and benefits in any treatment options we suggest and lifestyle choices you make. Together, we can work towards you achieving a more independent and fulfilling life.

What is Physiotherapy?

Physiotherapy is a method of assessing, diagnosing, and treating physical problems affecting daily life.

These problems include loss of mobility, falls, pain, and loss of function in joints, muscles, breathing and the nervous system.

Physiotherapy uses a range of treatment techniques, aiming to assist recovery and promote independence and self-management.

What is Occupational Therapy?

Occupational therapy provides services to people whose ability to function in daily life has been disrupted due to physical illness, injury, developmental problems, the ageing process or mental health.

Our aim is to help you gain and retain the ability to manage activities which have value, meaning and importance in your life.

Where will you be seen?

Assessments and treatment are carried out in various settings, including:

- Your own Home
- Rehabilitation Centres
- Care Homes
- Hospitals and Clinics

What can you expect from Community Rehabilitation?

- Assessment and rehabilitation of indoor and outdoor mobility.
- Provision of walking aids.
- Provision of personal exercise programmes.
- Management of Long Term Conditions.
- Advice on looking after yourself, particularly around washing, dressing, bathing, using the toilet and carrying out household tasks.
- Helping you regain independence in activities outside the home, such as shopping, leisure and social groups or getting back to work or education.
- Environmental adaptations and assistive equipment.
- Reducing your risk of falls.
- Helping you to cope with breathlessness or fatigue.

If you have any compliments or wish to discuss your rehab, call our admin team on 01282 805620.