

Your re-ablement at Waterside Intermediate Care Centre

Information and advice for patients

Integrated Care Service

Waterside Intermediate Care Centre is a private nursing home with beds funded by the NHS. While you are staying at Waterside you will receive support from therapists from the Integrated Care Service to help you improve your independence, so that it is safe for you to be discharged home.

How can the therapists help me?

Our aim is to help you maximise your independence with carrying out everyday tasks such as walking, washing and dressing. We do this by offering you a short-term, individually tailored re-ablement programme.

Soon after you arrive we will agree with you an estimated date of discharge (EDD) from Waterside. We will then work with you to help you set realistic goals to achieve before you leave the centre and give you the support you need to achieve them.

Who will be involved in my re-ablement?

The people involved in your re-ablement include:

- **A primary care co-ordinator** – This person is a senior nurse who will work with you, your family and the rest of the team to oversee your progress and co-ordinate your discharge home.
- **An occupational therapist (OT)** – The OT will assess your abilities, work with you on developing your independence and confidence with carrying out daily tasks such as walking and using the kitchen. They may also meet your family at your home to identify what equipment or help you might need to help you manage at home.
- **A physiotherapist** – The physiotherapist will assess your mobility and provide you with a suitable walking aid and exercises to help your recovery.
- **A rehabilitation support worker (RSW)** – The RSW will help you work towards achieving your goals by supporting you with completing activities to develop your independence. They may also visit you after you have returned home.
- **Nurses and care staff who run the centre** – They will support you with continuing the activities you have been doing with the rehabilitation team.
- **A GP** – The GP will oversee your medical care while you are staying at Waterside, and will visit you once a week.
- **Other specialists** – If needed, you may also receive support from a speech and language therapist, dietitian, community nurse, specialist nurse or social worker.
- **Your family and friends** – We encourage your family and friends to be involved and support you in your re-ablement. They can visit you at any time, but please ask them to avoid visiting at meal times.

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The team involved in your care meet each week to review your progress and continue planning your discharge home.

Feedback about our service

We always welcome feedback about our services. If you have any compliments, comments, complaints or suggestions please either talk to a member of the team or contact the Patient Advice and Liaison Service on 0121 507 5836 or email swb-tr.pals@nhs.net.

Contact details

Integrated Care Service

0121 507 2664 (option 5)

Monday – Friday, 8am – 6pm

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



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