

SHERWOOD REHABILITATION TEAM

Older People's Outpatient and Community Rehabilitation Service

Referral Criteria

- Patients should have a rehabilitation need and be medically fit / stable
- Patients should have age-related pathology and potential to benefit from specialist rehabilitation from Physiotherapy and / or Occupational Therapy
- Patients are community residents (in own home or Nursing / Residential home)

Service Outline

- Referrals are triaged within 1 working day of being received by the team and allocated for assessment according to clinical need
- Following assessment a decision is made regarding intensity and type of intervention required, and location of intervention (ie community setting or rehab suite at MCH)

On the initial assessment at MCH Rehab Suite or in the community, patients are assessed by therapy staff, have baseline observations and outcomes, with an agreed therapy plan and patient orientated goals. Patients usually attend for a 6 – 8 weekly sessions, and are usually then invited to attend for MDT re-assessment following a break of 6 – 8 weeks. Goals and function can then be revisited, and re-evaluated as appropriate. Intervention may involve patient advice and education, exercise therapy, provision of equipment to aid ADL's, pain management and falls prevention advice, signposting and onward referral to other services as required.

Outreach

Patient's can be seen in the community if they meet the above referral criteria, but have additional needs such as:

- Psychological state and /or mental health problem (eg anxiety, behavioural problems)
- Housebound due to poor mobility or access problems eg steps
- Equipment or assessment required specific to home environment eg grab rails, bed levers, toilet transfers
NB Social Services OT / PT may assess for these needs, so pt should have additional therapy need (otherwise refer to SS)
- Nursing and Residential Home patients may be seen in the care home so that appropriate information and advice can be offered to residential support staff / carers / family
- Severe incontinence / sickness issues indicating that travelling to hospital would not be feasible

Referrals can be made by completing a referral form, sending a letter of referral to the team at MCH, or by phone from inpatient SFHT services, by calling the team on 01623 785122