



**Bedfordshire
Community
Health Services**



Information and advice - Returning home after a rehabilitation placement



Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

The Stroke Rehabilitation Beds offer a short period of rehabilitation, typically around six weeks, to give you the opportunity to regain independence and reduce your future care needs.

This leaflet aims to provide you with advice about what happens when the rehabilitation placement ends.

Week 4 of your placement

You and your family will be invited to a meeting to discuss your rehabilitation progress and to discuss what your discharge plans are. The rehabilitation units therapists, a Social Worker and the Stroke Clinical Coordinator will also usually attend. During the meeting your home environment will be discussed and what your care needs are. If you need support on discharge, services such as Community Rehabilitation, adaptive equipment and Care at home will be discussed.

Your ability to make an informed decision is central to the discharge process. If you are unable to make an informed decision, a decision will be made in your best interest in consultation with people who know you.

You will usually be taken on a "home visit" so that you can be assessed at home. This allows the therapists to assess what equipment and care you will need on discharge.

Community Rehabilitation

If you need to continue your rehabilitation at home, you will be referred to the Community Neuro Rehabilitation Team (NRT). The NRT is a NHS service and is free to service users. NRT will visit you in your own home to support your rehabilitation goals. Often you will meet NRT team members at the 4 week meeting or on your home visits before you are discharged home. Typically they visit up to three times a week.

Equipment

If any adaptive equipment is needed for you to function safely at home, NRT will order it from the Millbrook equipment service. Millbrook will then liase with you and your family to arrange delivery at a convenient time. There is no charge for the loan of this equipment. Millbrook will collect equipment if it is no longer needed, you can arrange this by calling 0333 003 8074.

Community Care at home

If you need additional help at home with personal care, toileting, meals etc, carers can be arranged to visit you up to 4 times a day.

Rehabilitation Care Service - If you are unlikely to need long term care, you may be referred to the Rehabilitation care service for up to six weeks - this service is free of charge to service users. These carers are trained to encourage you to regain your independence and the aim of the service is to reduce your need for long term care. If after six weeks of care you still require on-going care you will be referred to Social Services to be assessed for a long term package of care.

Long Term Care - If it is known on discharge that you will require long term care and that these needs are unlikely to change or diminish, then a Social Worker will be asked to assess you before your discharge home. The Social Worker will talk to you about your discharge plans and advise if your care will be Social Services funded or funded by you - this is decided by an assessment of your finances.

Self Funded Care

If you have over £23,250 in savings (please see your local councils website for guidance about owned property), then you will be required to fund your own care. Usually you and your family will source and arrange the care agency yourself. Details of care agencies can be found on the council website. If you are self funding it is up to you which agency you use and how much you are prepared to pay. If you or your family are unable to arrange the care, the Social Worker can arrange/set up the care for a set fee.

Social Services Funded Care

If you do not have savings above £23,250 (please see your local council website for guidance on owned property) then your care will be funded by Social Services. Social services have a funding criteria of low/medium/high depending upon an individual's level of care needs. The Social Services funding is a set amount and they will use specific care agencies that accept that level of funding. The Social Worker will source the care agency and set up the package of care. This may affect entitlement to some of your benefits if you are receiving them. Your Social Worker can also advise you about other funding options available to you, such as Direct Payments.

For further information about this service contact:

Useful contacts:

- Visit www.carechoices.co.uk
- Bedford Borough Council
Tel: 01234 267422 www.bedford.gov.uk
- Bedford Borough Telecare service
Tel: 01234 228328
- Central Bedfordshire Council
Tel: 0300 300 8303 www.centralbedfordshire.gov.uk
- Central Bedfordshire lifeline
Tel: 0300 300 8146

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.