

Rehabilitation at Home Service (Adults)

Our physiotherapy and occupational therapy team enable people who have experienced recent injury or illness to restore and/ or regain functional independence

How to refer?

Process for direct referrals:

- GPs should complete any referrals electronically on EMIS and send to:
wcnt.gpreferrals@nhs.net
- Health or social care professionals should refer patients electronically via **SystemOne**

Refer people with both health and care needs directly to the ICCTs via SPA/ Integrated Gateway (0151 514 2222)

Who is suitable for referral?

- People recovering from illness, injury or loss of function who require rehabilitation in their own home environment
- People who have on-going rehabilitation or therapy needs on discharge from hospital
- People must have the potential to improve, have realistic and achievable therapy goals
- People must be medically stable and willing/ able to participate in a rehab programme

Who is unsuitable for referral?

- People who need a crisis response to prevent hospital admission or still have urgent care needs (nursing, social care and therapy) on discharge from hospital: contact SPA on 514 2222 option 2
- People who require community equipment or adaptations only: contact CADT on 514 2222 (option 3)
- People who have a complex long term condition/ disability that requiring specialist seating/ manual handling assessments: contact CADT on 514 2222 (option 3)
- People with conditions for which there exists a defined specialist pathway/service (e.g. COPD, Stroke)
- People in nursing funded care
- People who are end stage of terminal illness or palliative care who need the specialist palliative care team
- People whose primary condition is a mental health diagnosis, learning disability or substance dependency

Our therapy offer includes:

- Specialist therapy assessment
- Patient-centred rehab plans
- Access to equipment and adaptations as part of rehab
- Provision of mobility aids
- Help with movement and mobility
- Falls management
- Home exercise programmes
- Improve confidence and functional independence
- Advice to patients and their family/ carers on how to adapt, learn how to do things differently/ self manage
- Liaison and joint working with other members of the health and social care team

For more information, contact us on:

Telephone 0151 514 2444
09:00- 16:00 (Mon – Fri)

What happens after a referral is made?

1. Referrals are screened by the therapy team to ensure patients are seen at the right time and by the right health and care team
2. Referrals are re-directed to other health and care service as/ when appropriate
3. Referrals accepted for Rehabilitation at Home are added to the appropriate waiting list, according to whether a priority or standard response is required
4. Patients are contacted by telephone once appointments for home visits are available
5. Patients are assessed by the most appropriate therapist, this could be physiotherapist, occupational therapist or rehab practitioner and a personalised therapy plan agreed, some assessments may take place over the telephone if clinically appropriate.

