

Rehabilitation Unit

Information about Your Therapy Referral: Neurological Outpatient Rehabilitation

Role of the Rehabilitation Unit

The Rehabilitation Unit provides a specialised neurological outpatient rehabilitation therapy service for people with neurological conditions, living in Coventry (or those with a Coventry GP).

Specialised therapies include Physiotherapy, Occupational Therapy and Clinical Neuropsychology. The Department aims to help patients improve their mobility and improve their lifestyle as much as possible.

A detailed assessment will create individual goals, to enable patients to achieve their full potential in returning to everyday living, in the home, work or leisure settings.

Therapy Appointment Policy

To assist the department, **it is important to attend all your appointments**. If you are unwell, please contact us on **024 7696 5705** as soon as possible so that we can give the appointment to another patient.

Your referral

Following your referral, you may be initially assessed by either the Physiotherapist or Occupational Therapist.



Patient Information

What should I expect on my first appointment?

You may be assessed by 1 or 2 different therapists within the Rehabilitation Unit; this will be highlighted on your appointment letter.

Therapy assessments usually last about 1 hour; several areas may be discussed and assessed. These might include:

- a physical assessment of the range of joint movement
- balance and strength
- how you walk and move about indoors and outdoors
- present abilities at home, work, and leisure
- adjustment to your health condition.

Following your assessment, time is allocated for discussing and setting goals with you; this may be on the same day or on your next appointment. This discussion will include how we will support you in meeting these goals and when we will review your goals with you.

What we would like you to do before your first appointment

We are very interested in your ultimate aims and targets, so it would be helpful if you could spend a little time considering what things you are hoping to improve, or what might be different for you at the end of therapy, that would tell you that it has been worth while attending.

Typical things that people say they hope for and set as goals are:

- feeling more balanced and/or having more confidence when walking indoors or outdoors
- reducing their risk of falling,
- be more able to manage with their personal care, around their home/community, hobbies, leisure time or work,
- be able to manage their condition better,
- having a healthier lifestyle.

It is very important that we understand how you are managing your own health, **please bring with you a list of your current medication.**

Patient Information

Where is the Rehabilitation Unit?

The Rehabilitation Unit is on the University Hospital site; it is situated in the Wisdem Centre, which is in the East Wing of University Hospitals Coventry and Warwickshire NHS Trust.

How to find us

Enter the East Wing via the Wisdem Centre. Follow the signs to Physiotherapy and Occupational Therapy Department, which is to the right through a set of double doors. Once through these doors, the Rehabilitation Unit reception is directly ahead.

Further Information

For further information or clarification contact the Therapy Department, East Wing, University Hospital (Telephone: 024 7696 5705).

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5705 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:
www.uhcw.nhs.uk/feedback



Document History

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