

You can contact us at:

Community Specialist Rehabilitation Team

MDT office, Complex Rehabilitation Unit

Sid Watkins Building

The Walton Centre

Fazakerley

Liverpool L9 7LJ

Phone: 0151 556 3227

We can be contacted Monday to Friday between 08.30 am and 3:30 pm. An answerphone is available outside these hours but please do not leave urgent information on this.

Other Useful contact numbers

NHS Direct: 0845 46 47

Samaritans: 0845 790 9090 **Emergency Services:** 999

Do you want this leaflet in another language?

This information can be translated on request or if preferred an interpreter can be arranged for additional information regarding these services please contact the Patient Experience Team on **0151 556 3090**



Community Specialist Rehabilitation Service

Liverpool, South Sefton, Southport and Formby

What is the Community Specialist Rehabilitation Service?

The Community Specialist Rehabilitation Service is a community based team that works with you to achieve your rehabilitation goals.

The team consists of:

Rehabilitation Coordinator	Physiotherapist
Occupational Therapist	Clinical Psychologist
Speech and Language Therapist	Therapy Assistant
Vocational Rehabilitation Therapist	Administrative Support

We are a part of the Cheshire and Merseyside Rehabilitation Network (visit www.cmrehabnetwork.nhs.uk for more information about the network)

Who do we treat?

We work with adults who need specialist rehabilitation in the community as a result of injury or illness; we accept individuals into the service who have identified complex rehabilitation needs.

What areas do we cover?

We provide a service to residents in:

- ◇ Liverpool
- ◇ Sefton
- ◇ Southport and Formby

You must be registered with a GP in one of these areas to be accepted for rehabilitation by the service.



The Cheshire and Merseyside Rehabilitation Network are proud to offer a specialist community rehabilitation service. You may be invited by your treating team to complete a '**Patient Story**' where we ask you to share your rehabilitation journey with other patients and our partners. This is voluntary and can be anonymous.

We support development of new clinicians and sometimes have students from local universities working with the team as part of their learning. If a student is working with the team when you are seen we will ask your permission before they accompany the clinician.

'My Team'

Name and Role	Contact



Occupational Therapists.

Occupational Therapists work with people at different stages of their injury or illness to help them overcome the effects on their day to day function. They will help you to identify areas of strength and what you find difficult and support you to improve your function or develop different ways of enabling you to complete your day to day activities.



Vocational Rehabilitation Therapist.

Vocational Rehabilitation is an approach that aims to assist you, as part of your rehabilitation process, to return to work and/or education following an injury or illness.



Clinical Psychologists.

The psychologists provide psychological, behavioural and neuropsychological assessment and treatment to support individuals, carers, and their families in managing and adjusting to both physical and cognitive problems, pain and disability. The work the psychologists do depends on your individual needs and they work alongside other members of the team to optimise potential for rehabilitation and aid people's recovery.

There are many other specialists who may already be working with you, such as Social Worker, district nurse, home care, dietitian and doctors. We will keep in touch with them, with your consent, if they can contribute to your rehabilitation programme.

What happens when a referral has been made to the team?

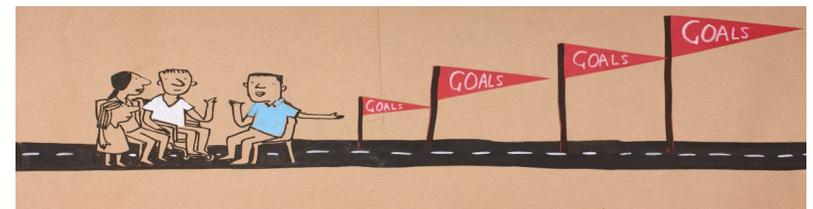
When we receive the referral we will contact your GP to confirm your details.

The referral will then be discussed by the team. If we feel that the referral is appropriate to our service we will aim to see you for your first appointment within two weeks of receiving the referral.

After your first appointment we will arrange for you to meet your treating team. If we feel that you may benefit from a referral to other teams, for example, Social Services we will discuss this with you. Any referrals will only be completed with your knowledge and consent.

Our approach is to work with individuals to set their own goals, and to work towards these using small, realistic steps.

Goals are unique for each person; for some it may be making a cup of tea for themselves, whilst for others, it may be returning to work.



What can I expect?

1st Appointment: This will usually be with the rehabilitation coordinator but may be with another member of the team. During this appointment you can talk about your expectations and learn about the community team. You are welcome to have a friend or family member with you for the appointment if this would be helpful.



Assessment Stage: You will be assessed by members of the team. The information from the assessments will help design your unique rehabilitation programme. The assessment stage may take place over a number of sessions.



Rehabilitation Programme and Treatment: Your treating team will design a rehabilitation programme with you. This will be based on realistic 'goals' you want to achieve. It is important that you follow the advice and recommendations that your treating team gives you to reach your goals



Review of goals: Your goals will be regularly reviewed to make sure you are on track. Reviewing your goals also helps the team decide whether you would benefit from more therapy or not.



Discharge: It is important to know that at some point you will be discharged from the service. This may be because you have reached all reasonable goals or it may be because there are other things going on in your life that makes it difficult for you to commit to your rehabilitation programme. Your treating team will prepare you for your discharge during your sessions.

The Team

The team consists of different clinicians who will help you achieve your rehabilitation goals. You may not need to see every member of the team. Who you see may change during your rehabilitation programme, depending on your goals and needs. Below is a summary of each team member's role.



Rehabilitation Coordinator.

Once you are accepted to the service you will meet the Rehabilitation Coordinator.

They will provide information to you and your family about the service and answer any questions or concerns you may have. The coordinator provides support to the treating team and you and your family and aims to ensure that your rehabilitation journey in the community is smooth and coordinated



Physiotherapists.

Physiotherapists help to restore movement and function when affected by illness or disability.

The aim is to enable muscles to function as normally as they can and so help you to live as independently as possible.



Speech and Language Therapists.

Speech and Language Therapists (SLTs) assess and treat people with communication difficulties following their injury. This includes speaking, listening, reading and writing. They also assess

and treat people who have difficulties eating, drinking and swallowing as a result of their illness or injury.