

Do you live in a house / flat / bungalow / supported living? (Please circle as appropriate)

Do you have regular support at home? Yes / No

Do you have stairs? Yes / No

Is downstairs living an option? Yes / No

Can your next of kin supply photos of your home environment? Yes / No

Do you want to return home? Yes / No

What are your goals to enable discharge home?

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.....  
.....

Do you have a key to your property? Yes / No

Do you require support with shopping for discharge? Yes / No

Would you like support from Independence at Home? Yes / No

By talking with you and the team we believe we can enable you to go home on this date

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Have the family been told of the discharge plan on admission? Yes / No

Please send home environment photos to [livewell.kingfisherwardclerks@nhs.net](mailto:livewell.kingfisherwardclerks@nhs.net)

During your stay as a patient here you will be able to take part in an empowering rehabilitation process aimed at restoring as much independent function as possible.

You may still need some additional support so that you can return home and this can be met with a package of care such as reablement. However, this may not be what you and your family want. It is important that any concerns that you or your family may have are raised at the earliest opportunity. This allows us to seek support to discuss other discharge pathways that may be available to you.

We have an inclusive visiting policy that encourages families, carers and friends to come and be part of the rehabilitation process. Often those people close to you become a valuable part of the discharge process and their input is always welcomed. At times during the day ongoing therapies may limit visiting time, but we will always try and optimise your care for you.

### Contact details

**Kingfisher/Skylark Ward**  
Mount Gould Local Care Centre  
200 Mount Gould Road  
Plymouth PL4 7PY

**Tel:** 01752 268011  
[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)

 Livewell Southwest

 @livewellsw

# Kingfisher & Skylark

## Inpatient Rehabilitation



**Supporting people to  
return home**

*Supporting people to be Safe, Well and at Home*

**Livewell**  
Southwest

## Welcome to Kingfisher / Skylark

You have come to Kingfisher / Skylark Ward to receive assessment and therapy to enable you to return home. You will meet with a range of professionals such as Rehabilitation Nurses, Care Support Workers, Physiotherapists and Occupational Therapists, and may require a Social Worker. All are trained to aid your therapy and rehabilitation. Your care will be led by a Geriatric Consultant and his team.

Your bed is the best bed, and we want to support you to return there as soon as possible in the most effective way. We will ensure that you and your family / carers work with us to ensure a smooth transition back to your home or your preferred discharge destination, if this appropriate.

What we ask is that you engage with all members of the team 7 days a week, to get up, get dressed and to keep moving. You may only see a trained therapist 3 times a week, however all staff members will ensure therapy happens every day by enabling you to become independent with everyday tasks, such as:

- Attending Breakfast and Lunch clubs
- Enable independence with washing and dressing
- Encouragement to mobilise as much as you are able to the toilet and back to bed space
- To get up, get out of bed and get dressed

## Important information for family and carers

It is important for family / carers / friends to be involved in the planning of your care and discharge. This can be done by:

- Identifying early any concerns related to your discharge
- Ensuring the home is ready
- Shopping
- Moving furniture
- Receiving equipment essential for discharge
- Being open and honest with us to ensure we provide the best possible care

## If you cannot be discharged home

There may be times when a discharge home is not possible for many reasons. In these cases we aim to work with you and your family to reduce any risk, and may require discharge planning meetings. This ensures that we act in your best interest to ensure discharge is safe and to the most appropriate setting.



## Independence at Home Enablers

Reablement is a period of support, which service users receive in their own home for a short interim time.

The focus of reablement is on restoring independent functioning. The objective is to support people to do things for themselves rather than the conventional home care approach of doing things for the service user.

### Is Independence at Home for you?

If you are referred to the Independence at Home service, a member of the reablement team will visit you in your home, assess your abilities and needs and agree realistic goals. Over the next few days or weeks you will be supported by trained reablement staff to re-build confidence, regain physical function, re-learn skills and if necessary learn different ways of engaging in meaningful daily tasks.

### What happens if you are referred?

Independence at Home is a short term service. As you progress, and following a review, the service is usually reduced in intensity which means that the number of calls you receive or the time that the support workers are with you will decrease as your independence is restored.

The support plan is written with you in accordance with your preferred lifestyle and the goals you wish to aim for.