

Therapy group

We are launching a new group format for patients who can move with the assistance of one person. The group will focus on mobility, balance, transfers and upper limb rehab. If the group is appropriate for you, you will be given the opportunity to attend up to 4 times a week, so that you can increase the frequency of your therapy. Your therapist will discuss whether this will be a suitable option with you.

Confidentiality

All our staff are trained to respect confidentiality. We may need to share information with other people who are helping you, including through our electronic records. If you are concerned about this please talk to our staff.

Missed appointments

You must let us know as soon as possible if an appointment needs to be cancelled. If you miss an appointment without informing us beforehand, we will send you a letter asking you to contact us within two weeks if you would like another appointment. If we do not hear from you within this time, we will discharge you from our service.

Transport

Ambulance and car transport can be booked to help you attend appointments:

TAPS transport: 0845 053 9100 (cars)

Ambulance: 0345 155 1009

What people said...

Here are some of the comments we have received about our service:

“You have helped me in more ways than you can imagine. Emotionally I have found the old me. Physically will always be a challenge, but you have all taught me how to deal with this”

“So informative and I have learnt so much. Would always recommend the Therapy Team. I am in a much better place. Thank you so much”

“Great help, have improved my quality of life no end”

“Since attending my sessions I have regained my confidence and self-esteem. For this I thank you”

“Excellent team, calm, professional with much easier access than other larger hospitals. Thanks to all those involved”

Neuro Rehab Team



Therapy Unit
Ground Floor, Mount Gould Local Care Centre
Mount Gould Road, Plymouth, PL4 7QD

Tel: 01752 434810

Monday - Friday, 8:30am - 4:30pm

www.livewellsouthwest.co.uk

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Supporting people to be Safe, Well and at Home

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The Neuro Rehab Team

The team works with people who have physical or cognitive problems because of a neurological diagnosis. We will discuss your goals with you and provide individual programs of treatment to address these goals.

The team includes:

- Physiotherapists who will help you to work on improving muscle strength, movement, walking and transfers, balance and other physical problems such as upper limb weakness and sensory problems.
- Occupational Therapists who help you to increase your independence in meaningful daily occupations such as caring for yourself, domestic tasks, engaging in leisure activities and going to work. This may include treatments around managing fatigue, upper limb rehab, cognitive rehab and driving assessments.
- Therapy Support Workers who assess for equipment, carry out therapy programmes set up by a therapist and help with practice of tasks.
- Specialist interventions such as tone / spasticity management, acupuncture, splinting, facial therapy and vestibular rehabilitation.

We also collaborate with other members of the multidisciplinary team, including the neurology and rehab consultants, and neuropsychology.

The role of the team is to:

- Provide treatment to improve function or prevent deterioration.
- Continue treatment after discharge from hospital.
- Help avoid admission to hospital if possible.
- Provide specialist advice and education, to support management of a neurological condition long term.

How the Neuro Rehab Team can help you

Each therapist will carry out an assessment, then discuss and agree a treatment programme with you to suit your needs. Our focus is on supporting you to manage your condition. Therefore you will receive home exercises and activities which are an essential part of your therapy programme.



Please think about why you have been referred for therapy and what you would like to achieve. Our therapy is usually short-term and focussed on helping you reach specific goals. Before your first appointment, we will send you a sheet to complete to help you identify what you would like to achieve through therapy, which you can bring to your assessment appointment.

Appointments can be arranged at Mount Gould, or in certain circumstances at home, depending on where is most appropriate for your treatment plan and goals.

What we expect from you

- We would like you to be actively involved in your rehabilitation. We encourage you to set your own goals and attend all the gym sessions that you have signed up for.
- We would like to support you to manage your own condition with exercise and a healthy lifestyle, but will need commitment and motivation from you to achieve this.



**Exercise for life,
not just for therapy!**