

All staff will aim to promote the abilities you gain through the rehabilitation process.

It is important that some rehabilitation plans are completed independently, however we do also welcome support of significant other people in your life, as we recognise this may offer additional benefit.

## What to bring

We support the 'End PJ Paralysis' campaign, which encourages patients to get up, dressed and moving so please bring clothing for both day and night. Other useful items to bring with you are:

- Flat shoes or sturdy slippers
- Toiletries
- A key for your house in case we need to visit your home in order to prepare for your discharge

## Contact details

Telephone: **0300 707 4511**

Address: Jean Heyes Reablement Unit  
Leigh Infirmary  
The Avenue  
Leigh  
WN7 1HS

Unit Manager: Nicola Dawber

Therapy Lead: Vicki Robinson

## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

### Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals  
NHS Foundation Trust, Royal Albert Edward Infirmary  
Wigan Lane  
Wigan  
WN1 2NN

### Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

### How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request. For more information please ask in the department/ward.

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# Jean Heyes Reablement Unit (JHRU)

## Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:  
[https:// www.wvl.nhs.uk/patient-information-leaflets](https://www.wvl.nhs.uk/patient-information-leaflets)  
or scan the QR code.



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## Introduction

Jean Heyes Reablement Unit is a 24 bedded unit providing Intermediate Care based on Leigh Infirmary site. The layout of the Unit consists of bays ranging from 2 to 4 beds with shared bathroom facilities in each, and 4 side rooms with ensuite bathrooms.

We have a large communal lounge where activities regularly take place and a dining area where you will be encouraged to have your meals. We also have access to a large courtyard garden area.

We are a multiprofessional rehabilitation team who work together to ensure that you return to being as independent as possible in your daily life.

Whilst on the Unit you will receive support from Physiotherapists, Occupational Therapists, Rehabilitation Practitioners, Care Support Workers, Registered Nurses and other visiting specialist services, such as Podiatry.

Rehabilitation can be both physical exercises and cognitive 'thinking' exercises. Some people require more rehabilitation than others and you will all be treated as individuals.

People can stay on the Unit for a short period of rehabilitation to improve their level of function.,

Your length of stay will depend on your goals and engagement until you are at a point that you can return to your usual place of residence.

## Aims

Our aim is to encourage people to regain independence and confidence to take part in their daily activities such as:

- Walking
- Getting on and off the bed/chair/toilet
- Washing and dressing
- Drink and meal preparation
- Getting in and out of the house
- Taking part in interests and hobbies
- Accessing the local community

## What to expect

You will be assessed in order to identify any difficulties that you are currently experiencing.

During this assessment period, you will be supported in the completion of a Rehabilitation Passport, which aims to ensure that we fully understand your individual preferences, needs and goals. This will be kept at your bedside, so that you and any significant people in your life have access at all times.

The multiprofessional team will make recommendations about the most appropriate rehabilitation plans with your agreement. A rehabilitation programme will then be developed with you. The programme can include tasks/exercises to do independently or alongside the rehabilitation team.

Please note that you will not be seen by a Physiotherapist or Occupational Therapist every day.

Your goals and rehabilitation programme will be reviewed and updated on a regular basis.

If ongoing rehabilitation needs are identified, you will be referred onto one of our community teams on discharge from the Unit.

## Rehabilitation Programme

A rehabilitation programme will be agreed with you and may include:

- Practice of day to day activities
- Provision of walking aids
- Exercises for strength, movement and balance
- Provision of equipment to assist in the rehabilitation programme
- Advice and education