

To bring appropriate footwear (flat shoes or supportive slippers)

To provide access to a key for your property in case we need to visit your home in order to prepare you for discharge.

Communicate with us at the earliest opportunity if you envisage any difficulties with the set expected date of discharge, or discharge plans discussed and agreed with you.

### Further Information

If you require any further information about your referral to intermediate care or your stay in one of our residential units, please ask a member of the nursing staff who are currently looking after you.

### Contact details for the Therapy Team

Telephone: **0300 707 1256**

Address: Leigh Town Hall  
Second Floor Civic Square  
Leigh  
WN7 1DY

Therapy Lead: Adele Davies/Victoria Cannon

### 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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# Intermediate Care Therapy Service Bedford Care Home

### 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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## Our Service

Bedford Care Home, run by Advinia Health Care has a number of beds which have been allocated specifically for community health and social care use, where people can stay following a period of ill health or injury.

there are up to 30 Community Beds, spread across four different units: Kenyon, Croft, Beech and Lilford Units. The bedrooms all have shared bathroom and toilet facilities. Each unit has a communal lounge shared with longer term residents. Each unit also a dining room where you will be encouraged to eat your meals.

Wrightington, Wigan and Leigh Teaching Hospitals Foundation Trust Intermediate Care Therapy Team provides therapy for people staying in the Community Beds at Bedford Care Home.

## Aims

We are a multiprofessional rehabilitation team who work with Advinia staff, with the aim of supporting you to return to your usual place of residence, as soon as you are independent enough to continue your recovery at home.

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

- Personal Care
- Meal Preparation
- Walking practice
- Getting on and off the bed/chair/toilet
- Getting in and out the house

## What to expect

While staying in a Community Bed you may expect to receive input from Physiotherapists, Occupational Therapists, Rehabilitation Practitioners and Therapy Assistants, along with Care Support Workers, Social Workers and other visiting services.

You will have an initial therapy assessment within the first few days of arriving at Bedford Care Home. Not everyone who has a stay in the Community Beds at Bedford House is suitable for rehabilitation at the time of their stay. The therapy team will explain this to you during your initial assessment.

If appropriate, a personalised rehabilitation programme, with mutually agreed goals, will be set up to help you to become more independent.

## Your rehab programme may include:

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

You will not necessarily see a registered therapist, as much of the programme is delivered by the Rehabilitation Practitioners and Therapy Assistants.

The programme might include tasks/exercises to do independently or alongside the rehabilitation team.

The therapy team visit Bedford House every weekday (Monday to Friday) to deliver direct, face-to-face therapy activities.

Your goals and rehabilitation programme will be reviewed and updated regularly.

Your length of stay will depend on your goals and the progress you make.

The team will also support your discharge from the care home and make referrals to one of our community teams.

## What we expect from you

To fully engage in all assessments and care planning.

To fully engage in interventions as determined by your assessments and care plans to assist in your recovery to enable you to return to your usual place of residence.