Calderdale and Huddersfield NHS
NHS Foundation Trust

Calderdale Council

Support and Independence Team
Intermediate Care Beds

Welcome to the Support and Independence Team Intermediate Care Beds in Calderdale.

You have received this leaflet because you have been assessed as somebody who would benefit from admission to our Intermediate Care Unit.

This could be because:

1. You have been in hospital, and a period of rehabilitation has been identified as a way of beginning the process of regaining your independence before returning home.

2. Your health has deteriorated so you cannot manage at home but do not need to be admitted to hospital.

People can stay in our service for assessment and a short period of rehabilitation to improve their current level of function.

Your length of stay will be agreed on admission depending on the goals you set and the length of time the team feel these will take to achieve.

Once all your needs have been assessed the information gained will be used to create an appropriate support plan on discharge.

Please note: Our service is the start of your journey to recover from your recent poor health. We do not expect you to reach your full potential with us but we aim to guide you towards your full potential through assessment, accessing community services and self management once you return home.

compassionate care

Assessments

You will be assessed by members of our Multidisciplinary Team, which includes:
Occupational Therapists, Physiotherapists, Assistant Practitioners, Rehab Assistant, Nurses, Mental Health Professionals, Pharmacists, Carers and Social Workers.

Though we are a large team, each professional will get involved dependent on your needs.

A provisional date for you to go home will be discussed within 48 hours of admission to the Unit. This will be guided by the short term goals, set as realistic to achieve in Intermediate care and longer term goals that will be achieved when you are discharged.

Your care is jointly provided by the NHS and Four Seasons.

Most people who leave Intermediate care will need more support at home then previously required.

After leaving Intermediate care

Reablement: Home care service with an emphasis on rehabilitation will be considered if short term goals can be achieved soon after you return home. If it is thought you will need longer term care you will be assessed for home care by a social worker.
Home care: Longer term support thought to be needed whilst any further goals are considered by community rehab.
Community rehab: Physiotherapy, Occupational therapy at home.
Independent rehab: Each patient to continue with independent exercise programme.

Medical Care from General Practitioners

Whilst you are in the Unit your general medical care will be provided by nurses and carers employed by the private provider. NHS nurses provide an in-house district nurse cover. Doctors will visit you in the Unit should you need their input. Please note that it will not be your normal Doctor who sees you whilst you are in the Unit. Your GP whilst at Brackenbed will be King Cross Practice. On discharge your care will revert back to your own GP.

Rehabilitation

Within our Intermediate Care Unit, we have an ethos of promoting independence. It is important to continue doing everything you can independently.

Our carers want to allow you to maintain the ability you have as well as promoting the ability you gain during the rehabilitation process.

Your rehab process is guided by Physiotherapists, Assistant Practitioners and Occupational Therapists. Assistant staff carry out delegated rehab plans and feedback about your progress.

It is imperative that rehab plans are also completed independently and with family support. This will empower ongoing improvement when you leave our service.

Please note: You will not be seen by a physiotherapist everyday.

Physiotherapy is everything you do to move and get stronger.

This includes:

a. Independent/family supported exercise program sat in your chair/standing.
b. Support to access toilet and dining room.

Please note: Regaining muscle strength and conditioning after ill health relies on many months and often years of hard work. This relies on putting into practice what you will learn from the Intermediate Care team and further support that may be offered on discharge.

Physiotherapist: Provide physical assessment, prescribe exercise and progress as physical presentation improves.

Assistant Practitioner: Highly trained experts in Intermediate care who support therapy and nursing staff.

Rehab Assistant: Support all therapists, Nursing staff and Assistant Practitioners.

Occupational Therapist: Support management of daily living tasks as independently as possible. Assist with organising support if required at home.

Social Worker: Help provide support required to live as independently as possible in the appropriate environment.

Nurse: Contribute with holistic and more complicated nursing assessments and be involved with multidisciplinary team working to support therapeutic goals.

Carer: Support you as needed with all aspects of daily living.

Pharmacist: Support the General Practitioner with appropriate medication changes to support your health.

Mental Health Practitioner: To provide assessment and support of those experiencing mental health issues whilst in Intermediate care.

Fees

There is no charge whilst you are a short-term resident receiving rehabilitation from the service.

What you will need to bring

- Clothing for both day and night.
- Flat shoes or sturdy slippers.
- Toiletries, tissues and wet wipes.
- Walking Aids.
- A key for your house, in case we need to visit home, with you, to prepare for your discharge home.
- A small amount of spending money that can be deposited in a safe, to pay for things like hairdressing.
- Admission medications-
    a. From hospital - you will be discharged with two weeks medications in boxes and bottles.
    b. From home - all medications will need to come with you.
- Continence products - please bring in from home.

Intermediate Care Units

Your rehabilitation will take place, located in Calderdale. Our unit is based in a nursing home however, everybody who is in our unit has been assessed with their individual rehabilitation need.

You will have your own private bedroom with an en-suite toilet.

We encourage all patients to attend the communal dining room as part of their rehabilitation.

Your laundry is ideally completed by family or friends. If this is not possible we can complete your laundry for you but we take no responsibility for lost items during this process.

There is a hairdresser that attends on Wednesday mornings, but there is a charge for this service.

Podiatry service:

a. Simple foot and nail care (Private £20)

b. Diabetic/complex footcare (NHS referral)

The Unit:

Brackenbed View
200 Pellon Lane
Halifax
HX1 5RD
Telephone 01422 342002.

Brackenbed View provides up to 35 Nursing Intermediate Care Beds, in a location close to Halifax Town Centre. There are bus stops outside the unit.

Raising Concerns:

The care you receive while you are in The Intermediate Care service is provided jointly by staff who work for the hospital (The Intermediate Care Team) and Brackenbed (Four Seasons). The hospital staff provide rehabilitation, and Brackenbed staff provide your care during your stay at the home.

If an incident occurs during your stay, or if you have a concern, the most appropriate person from the home or the Intermediate Care service will investigate/deal with the problem and let you know the outcome.

If you have any comments about this leaflet or the service you have received you can contact :

Support and Independence Team Manager
Broad Street Plaza, Broad Street, Halifax HX1 1YA.
Telephone No: 01422 261334
www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"

Trust Quality Information
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