

Activities held in the Day Area provide opportunities for social interaction, maintaining skills and improving confidence.

Planning your discharge

Your stay here will not be a long-term one. We will help you to plan your discharge so that you will feel confident about leaving the hospital environment. Most people return to their own homes, but sometimes need additional support, for example:

- Carers to help you at home (this could be with a long term care package or with the reablement team for the first few weeks).
- Short-term or long-term placement in a residential or nursing home.
- Community nursing and/or therapy.

We will work closely with Social Services as well as other health and social care agencies to arrange the support that you need. Our recommendations will be based on information gathered from various assessments carried out by the multi-disciplinary team.

We encourage you or your family to raise any worries you have with the nurse in charge of the shift, ward manager or the unit coordinator.

Contact

Unit coordinator Suzanne Roberts
Tel: 020 7288 5562 or e-mail
Suzanne.roberts4@nhs.net

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or
whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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Bridges Rehabilitation Unit

A patient's guide



About the Bridges Rehabilitation Unit

The Bridges Rehabilitation Unit is based at the Whittington Hospital. The Unit has excellent therapy facilities, including a large gym and a social activity area. We expect patients to participate in therapy to achieve goals set with the nurses and therapists.

Here, you will receive specialist treatment at a level which cannot be provided in the community, or at home by your GP.

You will be treated through a coordinated and comprehensive rehabilitation programme. Taking part in the programme will help you become more independent, for when you leave the Unit. Once your specialist care and treatment with us is complete you will be discharged with support, so you can continue your recovery in the community.

Who we are and what we do

When you arrive here, you will be introduced to the staff who will be looking after you.

Our multi-disciplinary team comprises nurses, doctors, physiotherapists and occupational therapists.

Depending on your circumstances, it may also be necessary to refer you to other specialist services, such as a social worker, dietician or speech and language therapist.

We are also well supported by volunteers who facilitate some of the group activities.

Collectively, we offer:

- Assessment of your treatment needs.
- A rehabilitation programme, with achievable goals, agreed with you.
- Re-assessment throughout your stay.
- Planning with you and your family and other relevant agencies to ensure you have appropriate support once you are discharged.

The rehabilitation programme aims to improve your mobility and functioning so you can become as independent as possible.

We have different expectations compared to acute hospital wards. Here, our emphasis is on promoting independence to prepare you for returning home. Even walking from your bedside to the Day Area or to the toilet is just as important in the rehabilitation programme as specific sessions with the physiotherapist.

Your time on the unit

Admission to Bridges Rehabilitation Unit is the last stage in what may often be a long hospital stay. It is understandable that you may have lost confidence while recovering from your illness or operation and while you have been away from your home environment and usual routine.

We will encourage you to be actively involved in your rehabilitation as this is likely to lead to the greatest improvement in your health and independence.

Please be aware that you will be encouraged to participate in activities as much as possible and to create a similar routine to being at home.

This will include having meals in the Day Area alongside other patients, as well as getting washed and dressed in your normal day clothes; spending the day in your hospital nightwear is discouraged.

Therapy sessions involving an assessment of your abilities and a programme of activities will take place during the working week. Nurses will continue the rehabilitation approach at other times.