



Support and Independence Team Intermediate Care Beds

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

Intermediate Care is a free Rehabilitation Unit based in a private care home run by Four Seasons Health Care (FSHC), where people usually stay for up to six weeks in order to have time to recover and rebuild their confidence during a period of rehabilitation.

You have received this leaflet because you have been assessed as somebody who would benefit from admission to our Intermediate Care Unit. Your individual needs and requirements will be assessed on a person-by-person basis and determine whether you meet our admission criteria.

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, mobility and function may have deteriorated so you cannot manage at home but do not need to be in hospital.

People can stay in our service for assessment and a short period of rehabilitation to improve their level of function. Your length of stay will depend on your goals and engagement, and agreeing these with the team to create an appropriate support plan on discharge, however you would not usually be staying with us for over 6 weeks.

Once all your needs have been assessed the information gained will be used to create an appropriate support plan on discharge with a full team of professionals whether this be internal or external.

Fees

There is no charge whilst you are a short-term resident receiving rehabilitation from the service, however you may need a small amount of money for the care homes mini shopping trolley.

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 becoming more independent through assessment, accessing community services and self management once you return home.

Assessments

You will be assessed by members of our Multidisciplinary Team, which includes:

Occupational Therapists, Physiotherapists, Assistant Practitioners, Rehab Assistant, Nurses, Care Home Advanced Practitioners (CHAP), Pharmacists, Carers and Social Workers. However we do also liaise with professionals outside our service and any specialist health professionals involved in your care.

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

Before going home we can refer to a number of services if you require additional support, this includes (but is not an exhaustive list):

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, care home assistant practitioners and carers employed by the private provider. 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. Medication is provided by Boots Pharmacy.

Rehabilitation

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

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 or Occupational Therapist everyday.

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

Assistant Practitioner: Highly trained 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.

What you will need to bring

- Clothing for both day and night.
- Flat shoes or sturdy slippers.
- Toiletries and tissues
- 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 to pay for things like hairdressing and amenities.
- 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. On site nurses will keep your medication in a locked room.
- Continence products - please bring in from home.

Intermediate Care Units

Our unit is based in a nursing home however, everybody who is in our unit has been assessed with an 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.

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

Covid Policy

On admission, all patients must undergo a period of isolation in their room to prevent any potential spread. You will still have all of the same input from staff, however you will not be able to use the communal areas such as the living room or dining area.

During a period of isolation you cannot have any face to face visitors, however, we do have an ipad which we can use to facilitate video calls.

If you do contract covid-19 during your stay, you will also be subject to a 10 days isolation.

All visitors must bring proof of a negative lateral flow test and register the result via the government website.

All staff on site are also subject to be double vaccinated and undergo regular testing.

ALL OF THIS IS SUBJECT TO CHANGE AND SOLELY DEPENDANT ON GOVERNMENT GUIDELINES. PLEASE DISCUSS THE CURRENT COVID POLICY PRIOR TO ADMISSION.

The Unit:



Brackenbed View

200 Pellon Lane

Halifax

HX1 5RD

Telephone 01422 342002.

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

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

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا 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"