



Activities of Daily Living (ADL) Clinic

Introduction

This multi-professional service is for children and young adults with complex physical disability who are experiencing problems with activities of daily living and for whom commercially available assistive devices or local services cannot meet their needs.

About the clinic

Who can attend this clinic?

Children and young adults under the age of 19 (at time of referral). For Adults over the age of 19 funding will need to be agreed.

Why choose to come to a ADL Clinic?

- You may be having difficulties associated with undertaking activities of daily living.
- You may want information from a multidisciplinary team regarding activities of daily living.
- You may wish to develop, in conjunction with your local team and the Chailey team, alternative strategies to reach personal goals.
- You may want an assessment to result in recommendations for assistive technology.
- You may require Chailey to supply and fit custom made devices.
- You may want the opportunity to try assessment equipment.
- Your team may want the opportunity to focus on specific ADL issues with a specialist team.

What can the clinic provide?

The clinic provides a holistic approach to the areas of difficulty you may have. At the clinic we'll work with you, your family and your local team in order to take an overview of the issues, work through what's most important and prioritise areas for development.

Who can refer me to the clinic?

Your GP, local therapist or other healthcare professional

How often is the clinic?

The ADL clinic normally takes place in the first week of each month. One person is assessed at each clinic. Members of your local team are also welcome to attend the assessment and provide their own input. Your appointment letter will give more details about how to let us know who is going to attend.

About the appointment

How long is the appointment?

The assessment will last for up to a week. The initial appointment is normally on a Monday morning and lasts around 3 hours. Other appointments and assessments are arranged throughout the week.

Who will I meet?

We have access to many different professionals but the team who are involved with your assessment will depend on your individual needs.

These professionals may include:

- Clinical Engineer & Lead Clinician.
- Rehabilitation Engineer.
- Medical consultant.
- Occupational Therapist.
- Physiotherapist.
- Speech and language therapist.
- Orthotist.
- Specialist Nurse.





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What appointments are available during the clinic?

The ADL clinic links up with other clinics and services at Chailey Heritage Clinical Services (CHCS) depending on the referral and your individual needs.

These appointments could include:

- Posture clinic.
- Orthotic appointment.
- Occupational therapy, physiotherapy and speech and language therapy assessments.
- Switch access assessment.
- Blood test.
- X-Ray.
- Medical/Surgical opinion.
- Trial of assessment equipment.
- Modification of equipment.
- Custom made equipment for activities of daily living.

What if I require an urgent appointment

We're more than happy to discuss any urgent issues over the telephone but local services will need to make arrangements for urgent referrals.

What will I need to bring to the clinic?

Any recent relevant reports and any equipment that you currently uses or would like to use (within reason) that may require adaptation. On some occasions we may request a video from home which you will be given prior notice of.

What will happen in the clinic?

The first appointment will usually be with the whole clinic team. We'll discuss the referral and ask what problems are being experienced and what you hope to achieve from the clinic. We'll also ask you some questions about your health and the current equipment you use.

With your agreement the team will take photos of you using your equipment as a record. These photos are kept in the clinical notes and used for reference only. The next step is to carry out a physical examination. As clothing is not usually removed, it would be helpful if you could wear loose and comfortable clothing but not too baggy or thick.

You and the team will then determine the plan of action for the week including prioritisation of need. The clinic lasts for a week so that we have plenty of time to assess, make and try out equipment or design therapy programmes to help you achieve personal goals. Individual pieces of custom made equipment are manufactured in our workshop on site.

At the end of the week the team will meet with you to summarise the week's activities and discuss the proposed recommendations.

We realise that you may have lots of questions and we'll try to answer these for you. It may be helpful for you to make a note of any you can think of before you come.

What happens after the clinic?

You may be able to take equipment that we've made with you if it's ready, if not it'll be sent on to you as soon as possible.

Following the clinic a report of the assessment is sent to you, your GP, the referrer and anyone else that you may wish. The report will be sent within six weeks of your appointment documenting the assessment, recommendations and actions.

Following your clinic your care is returned to the local team who will follow up on our recommendations.

What happens if I require a new appointment?

If a review or a new appointment is required then a new referral will have to be made by a health professional. Funding will also need to be in place before an appointment can be offered.

We're here to help

We're always happy to answer any queries that you may have.

If you have any queries at all, please contact the clinic secretary on:

 **Phone:**
01825 722112

 **Fax:**
01825 724719

 **Email:** sc-tr.enquirieschcs@nhs.net

Or visit our website:

www.sussexcommunity.nhs.uk/chailey