

Useful contacts

Your own GP.....

In an emergency dial 999

For non-urgent queries dial 111

Social Services 01243 642121

Carers Support West Sussex
01903 528629 | www.carerssupport.org.uk

Stroke Association
0303 3033100 | www.stroke.org.uk

Multiple Sclerosis Trust
01462 476700 | www.mstrust.org.uk

Multiple Sclerosis Society
0208 438 0700 | www.mssociety.org.uk

Headway West Sussex
07938 858153


Headway East Sussex
0808 800 2244 | www.headway.org.uk

Parkinson's UK
0808 800 0303 | www.parkinsons.org.uk

Huntington's Disease Association
0151 331 5444 | www.hda.org.uk

Motor Neurone Disease Association
0808 802 6262 | www.mndassociation.org


Contact us

 **01273 242289**
(Monday to Friday 8am to 4:30pm)

 **Community Neuro
Rehabilitation Team**
3rd Floor, Southfield House
11 Liverpool Gardens
Worthing
BN11 1RY

Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services. If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS at:

 PALS Sussex Community NHS
Foundation Trust Freepost (BR117),
Elm Grove, Brighton BN2 3EW

 **01273 242292**

 sc-tr.serviceexperience@nhs.net

Please ask any member of the team caring for you if you need this information in large print, Braille, easy read, audio tape, email. Or if you need help with understanding this information or require this in a language that is not English.



Sussex Community
NHS Foundation Trust

Community Neuro Rehabilitation Team

Information for patients,
relatives and carers



What happens now?

We will contact you 1-2 working days after your hospital discharge if you are referred by a hospital team.

If you are already at home and referred by your GP or another professional we aim to contact you within 5 working days.

We will visit you at home or ask you to attend a gym or clinic for your appointments.

There is usually a waiting time for therapy to start and this will be discussed at the first appointment.

We provide assessment and together we work towards your personal rehabilitation goals to help you improve your abilities and function in day to day life.

We will work closely with you and your relatives and carers and give you things to work on between visits.

You will be discharged after a course of treatment focusing on your specific goals.

We will provide advice to you and your relatives and carers on how to effectively manage your condition once you are discharged.

Who will help me?

Physiotherapist

- Mobility inside and outside the home.
- Managing pain, weakness and stiffness.
- Balance and falls.

Occupational Therapist

- Washing and dressing.
- Kitchen skills.
- Work and leisure.
- Thinking skills and memory.

Speech and Language Therapist

- Speech.
- Communication.
- Swallowing.

Clinical Psychologist

- Emotions.
- Behaviour.
- Relationships.
- Thinking and reasoning difficulties.

Rehab Support Worker

- Support you with your rehabilitation programme.

How do I help myself?

Think about what you would like to achieve.

For example:

- Improve mobility.
- Increase independence in the home.
- Access to work and activities.
- Communicate more effectively.
- Improve wellbeing.

How am I going to achieve this?

- Give priority to visits from the team.
- Undertake the rehabilitation programmes recommended for you.
- Keep as active as able.
- Seek advice on healthy diet and lifestyle changes.
- Contact the specialist organisations overleaf for further help and advice.

What do I do if I have concerns?

- Contact the team for further advice and support.
- Contact your GP if you are feeling medically unwell.