



**Sussex Community**  
NHS Foundation Trust

# Responsive Neuro Services

Horsham, Crawley and Mid Sussex



## What happens now?

You have been referred to Responsive Neuro Services. We will contact you as soon as an appointment becomes available. If you have any queries or concerns, or your difficulties are getting worse, please contact us.

## How do I help myself?

Think about what you would like to achieve. Your personal goals might be to:

- Improve mobility
- Increase independence at home
- Access work and activities
- Communicate more effectively
- Swallow more comfortably
- Improve wellbeing

## How am I going to achieve this?

- Give priority to appointments offered
- Let us know as soon as possible if you are unable to attend appointments
- Commit to carrying out rehabilitation programmes independently
- Seek advice on healthy diet and lifestyle changes
- Contact the specialist organisations overleaf for further help and advice

# 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
- Memory, concentration and thinking skills

## Speech and Language Therapist

- Speech and communication
- Swallowing

## Dietitian

- Nutrition

## Clinical Psychology

- Emotions and behaviour
- Relationships
- Memory, concentration and thinking skills

## Social Worker

- Care needs

## Rehabilitation Support

### Workers/Rehabilitation Technician

- Support with completing your therapy programme

# How we work

We provide a non-emergency rehabilitation service. We may visit you at home or ask you to attend your appointments at a gym or clinic.

We may offer you virtual therapy in the form of a video or telephone call if this is appropriate to your needs. This may be a way of accessing assessment and therapy quicker and can be another effective way of helping you improve.

There is usually a waiting time for initial assessments and then again for therapy to start. This will be discussed at the first contact.

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

We will support you to work towards your personal goals, enabling you to live in the community as independently as possible.

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

We will provide advice on how to manage your condition once you have been discharged. This may include referring you onto other community services.

# Useful contacts

## **Social Services West Sussex County Council**

01243 642121

[www.westsussex.gov.uk/social-care-and-health](http://www.westsussex.gov.uk/social-care-and-health)

## **Carers Support West Sussex**

0300 028 8888

[www.carerssupport.org.uk](http://www.carerssupport.org.uk)

## **Stroke Association**

0303 303 3100

[www.stroke.org.uk](http://www.stroke.org.uk)

## **Multiple Sclerosis Trust**

01462 476700

[www.mstrust.org.uk](http://www.mstrust.org.uk)

## **Headway West Sussex**

07938 858153

[www.headwaywestsussex.org.uk](http://www.headwaywestsussex.org.uk)

## **Parkinson's UK**

0808 800 0303

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

## **Huntington's Disease Association**

0151 331 5444

[www.hda.org.uk](http://www.hda.org.uk)

## **Motor Neurone Disease Association**

0808 802 6262

[www.mndassociation.org](http://www.mndassociation.org)

# Contact us

Monday to Friday, 8:30am-4:30pm



01403 620444



sc-tr.responsiveservicesneuro@nhs.net



www.sussexcommunity.nhs.uk

**For urgent queries outside of these hours:**

One Call: 01293 228311

NHS 111: 111.nhs.uk

## 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, Brighton General  
Hospital, Elm Grove, Brighton. BN2 3EW**



**01273 242292**



**sc-tr.pals@nhs.net**

Please ask any member of the team caring for you if you need help understanding this leaflet, or if you need the information provided in an alternative format. This includes translations, large print, Braille, easy read, on audio tape, or via email.