

**Information for patients**

**CR&ST**

**Community Rehabilitation & Support Team**

## **WHAT IS THE COMMUNITY REHABILITATION SUPPORT TEAM? (CR&ST)**

This is a community-based service for an assessed group of older people who are identified in hospital and meet the criteria for inclusion in a home-based programme.

The rehabilitation service is provided in your home following your discharge from hospital and in consultation and agreement with your family.

The purpose of rehabilitation is to restore and regain as much as possible your independence and quality of life. Support is provided for you and your family and carers in your own home. The programme lasts for a period of 3-12 weeks, according to participants needs.

### **THE TEAM**

The team consists of a range of disciplines with experience in rehabilitation. Team meetings are held weekly to ensure all team members, patient and family are working towards the same goals.

The G.P is advised by a team leader of his/ her patient discharge from hospital for ongoing care by the community rehabilitation team.

### **HOW THE TEAM WORKS:**

Hospital staff contact the team and request an assessment before you are discharged.

A member of the team will visit you in hospital and carry out a general assessment.

Following this, if you are suitable for this programme the Occupational therapist may visit your home with a family member to ensure it will be suitable for your needs when you are discharged from hospital. Some equipment may be issued that will be of benefit to you once you are at home.

Once you are discharged home, the appropriate team member (Physiotherapist, Occupational therapist, Public Health Nurse, General Nurse, Rehabilitation Assistants) key worker will visit you at home. They will design and carry out a programme with you and your family to meet your needs.

This will be discussed with you and updated regularly. All visits will be prior arrangement with you.

The team involvement with you will last for a range of 3-12 weeks. You will then be transferred, if necessary to the community services appropriate to your needs.

## **THE TEAM CONSISTS OF**

### **Doctor:**

The role of the doctor is to assess you while you are in hospital .The doctor will then discuss your case with the team members/team leader and a decision will be made whether you will be admitted on to the rehabilitation programme. The doctor will also liaise with your G.P regarding medical issues.

### **Nurse:**

The role of the nurse is to facilitate your return home from hospital and provide support to you and your family for a period after discharge. The nurse will support all aspects of personal care, education regarding your medications, condition and nursing equipment provided to you. The nurse will liaise with you and other members of the team to achieve your identified goals.

### **Physiotherapist:**

The role of the physiotherapist is to assess and treat people with a variety of diagnoses. Individual problems will be identified and goals set to maximise independence and improve quality of life. Treatments will include exercise programmes, balance work, walking practice, respiratory care and education. Mobility aids will be provided where appropriate. Family and carers will be advised in the promotion of independence and safety.

## **Occupational therapist:**

The role of the occupational therapist is to enable you to return to your highest level of functioning in the area of self-care, housework and leisure.

After the initial assessment the occupational therapist will set goals with you to enable you to become as independent as you wish to be within your capabilities. This is achieved through the use of purposeful everyday activities in your home. Throughout your rehabilitation you may require aids /appliances to assist you in activities of daily living. The occupational therapist will assess and provide these aids.

## **The rehabilitation assistant.**

The rehabilitation assistant service is provided following your assessment and is based on your needs. The rehabilitation assistant works with team members to assist you with activities of daily living.