




A large circular graphic with a yellow border, filled with a pattern of interlocking puzzle pieces in light blue and yellow. The words 'Rehab Passport' are written in a large, bold, black sans-serif font across the center of the circle.






Rehab Passport

Name:

This Rehab Passport will...

-  ...help you keep a record of your care
-  ...provide information about our services
-  ...keep you actively involved in your care and help you take control of your recovery.

You should...

-  ...keep this passport with you and update it regularly
-  ...share your passport with people involved in your care
-  ...take this passport with you to all your therapy appointments and treatments
-  ...ask any of the staff to help you record any important information in this passport that you feel would benefit you
-  ...write in this passport yourself and ask your friends and relatives to contribute.

I am receiving care because:

Date of admission to hospital:

Who should we discuss your care and discharge with while you are in hospital?

Name:

Contact details:

Our Rehab Team...

...is multi-professional, we aim to work together with you to ensure you return to as much independence as possible in your daily life.



The typical journey



Assessment phase

- Injury/illness occurs or need for rehabilitation identified
- Assessment and treatment of your needs and rehabilitation identified
- Decision is made on whether you are sent to hospital, a rehabilitation unit or whether you can be assessed and managed at home.

• You may require inpatient care in an acute or community hospital.

• During this phase the multi-professional team will support your immediate management. This is also the start of your rehabilitation phase.

• Alongside the rehabilitation team you may also meet:

- The radiology team for any possible scans and x-rays
- Nursing and medical staff for your immediate medical needs
- Surgical teams.

In-hospital phase

• As soon as you are admitted to either an acute or community hospital, the team will be planning your next step. This may include:

- Further referral to a specialist rehabilitation centre
- Transfer back to your home with community rehabilitation services or a package of care to support you, depending on your needs
- Outpatient therapy and other relevant follow-up appointments
- Repatriation to your local hospital or rehab centre if you are from outside of East Sussex.

Onward care phase

• The multi-professional team will assess and discuss the outcome of these assessments with you and your relatives. They will make recommendations on how best to plan your onward journey.

My Rehab Plan

Next steps (next three months)

What?	Why?	Who is responsible?

Future plans

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What could your rehabilitation involve?



Joint
Community
Reablement/
Rehabilitation
Team



Outpatient
therapy
services



Community
Stroke
Services

After admission to hospital patients may need some rehabilitation to further improve after their injury or illness. Rehabilitation can be both physical exercises and cognitive 'thinking' exercises.

Patients may receive some rehabilitation whilst they are in hospital and therapists will give them exercises to do once they are home.

Some people require more rehabilitation than others. The multi-professional team will make recommendations on where these needs will be best met e.g. inpatient rehabilitation centres, at home with support or on an outpatient basis.



Specialist
inpatient
rehab
(out of
area)



Non-weight
bearing
pathway



Intermediate
care
rehabilitation
units

Personal information



What is important to know about me?

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Who is important to me?

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My rehabilitation goals

What do I want to achieve? Where am I now?

(e.g. I need help to return to gardening, but my walking and strength are badly affected)

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How will I know when I have achieved my goal?

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How am I going to achieve my goal?

Physical	Emotional
Social support	Information

Progress diary



Date

What did I achieve?

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My thoughts and feelings

It may feel unusual to write down how you are feeling, but people often find it hard to express their worries, fears and hopes in person. This section may become really helpful to your recovery.

How am I feeling?

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Is there anything that I'm particularly worried about?

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What are my expectations for my rehabilitation?

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What would help me and my rehabilitation?

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My follow-up appointments

Date:	Time:
Location:	
Clinic:	

Date:	Time:
Location:	
Clinic:	

Date:	Time:
Location:	
Clinic:	

Date:	Time:
Location:	
Clinic:	

Date:	Time:
Location:	
Clinic:	

Date:	Time:
Location:	
Clinic:	

Date:	Time:
Location:	
Clinic:	

Date:	Time:
Location:	
Clinic:	

My questions

Feel free to use this section to write down any questions you want to ask members of the rehabilitation team if they are not available. You can also use this space to make notes about your treatment plans, concerns and achievements.
