REALISING COMMUNITY INVESTMENT & ACHIEVING SUSTAINABLE CHANGE (Phase 3) – NEXT STEPS



REHABILITATION MATTERS <u>Rehabilitation – East Sussex Healthcare NHS Trust</u>



What do we need to achieve?



Common principles

- Tailored approach to individuals
- Needs based
- Integrated rehabilitation delivery



Redefining Rehabilitation Principles

Individual

Effective rehabilitation is holistic and personalised to each individual.

It needs to equip people to live their lives, fulfil their maximum potential and optimise their contribution to family life, their community and society as a whole.

Tailored approach

Needs Based

Responsive to different abilities and needs of patients and the complex interaction between their health conditions, environments, values and beliefs, aspirations and motivations.

Clinical needs & Psychographics Physical, mental & social health

The interaction between an individual's mental and physical health is key, with one having the potential to significantly affect the other.

Integrated rehabilitation delivery

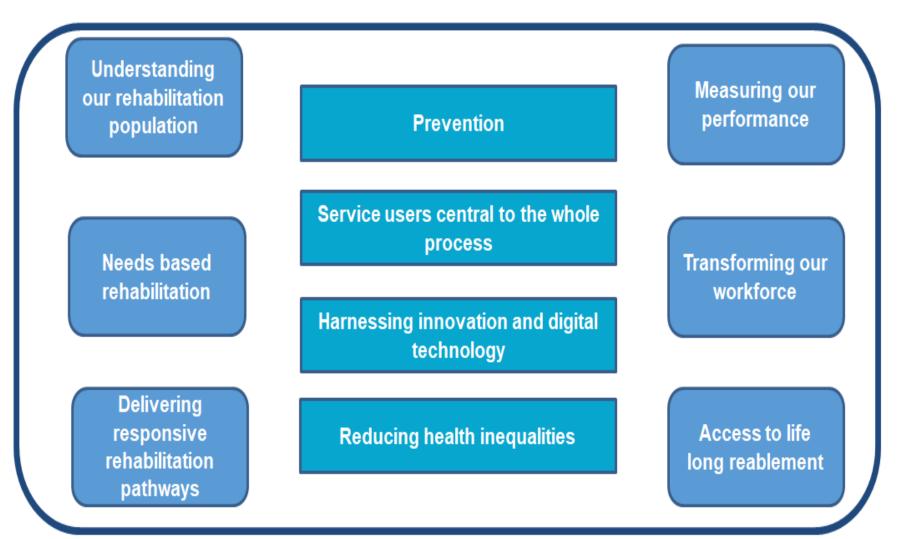


Local Context – Target Operating Model

Living independently at home for longer	Prevent unnecessary hospital attendances and admissions	Reduce length of time in hospital by promoting timely discharge	System planning and design to optimise use of resources
 Postural Management pathway Community multi- agency vMDT Embedding Psychology & Mental Health into rehab Sussex Post Covid Assessment Service ESHT Community Post Covid-19 Pathway Integrated disability management clinics 	 Self referral portal & rehab advice Pro-active review Rapid access rehab beds Ambulatory rehab model Rehab into care home 	 Implementation of Discharge to Assess (D2A) 	 Rehab Decision Tool Rehabilitation website page Nerve-centre for community rehab Rehab audits Rehab Data Suite Stratification & segmentation Tools



System Context - Rehabilitation Model for Sussex





Projects identified so far – what else?

Understanding our Rehab population	Measuring our Performance	Responsive Rehab	Needs based rehab	Transforming our workforce	Lifelong Re-ablement
 ✓ Rehab Data Suite ✓ Rehab audits ✓ Embedding stratification/ segmentation 	 ✓ Patient Experience Framework ✓ Rehab Data Suite 	 ✓ Discharge to Assess (D2A) ✓ Rehab Decision Tool ✓ Rapid access rehab beds ✓ Patient led access and review to rehab 	 ✓ Sussex PCAS ✓ Community Post Covid-19 Pathway ✓ Rehab website page Embedding psychology into rehab Rehab into care homes Ambulatory rehab model 	 ✓ Engaging community assets ✓ Right clinician, right patient 	 ✓ Postural management pathway ✓ Integrated approaches to disability management

Enabler - Digital Strategy



Our vision – Shifting how we respond in Sussex based on rehab stratification Are community services able to clearly articulate how

Are community services able to clearly articulate how complex, dependent, disabled or frail their population is?

