

Patient information

Intermediate Care Rehabilitation Service

Our team have spoken with you about further rehabilitation (rehab) in one of our six community hospitals, also known as intermediate care. You have agreed to a referral and our team will now refer you to intermediate care to continue your journey of recovery.

What is intermediate care?

Intermediate care is focussed on rehab, that is provided in a community hospital. Sometimes community hospitals are known as inpatient rehab units.

Your rehab journey will involve the support of a team of health professionals known as a Multidisciplinary Team (MDT).

An MDT may include doctors, nurses, occupational therapists (OTs), physiotherapists (PTs), speech and language therapists (SLTs), dieticians, rehab support workers (RSWs), healthcare assistants (HCAs) and colleagues working in adult social care.

At the inpatient rehab unit your team will discuss and agree personalised goals with you which they will collaborate with you to achieve. This will enable you to progress to a safe level in able to return to your usual place of residence.

When you no longer need intermediate care in one of our community hospitals, our team will work with you to plan your discharge and agree any ongoing rehab support.

Our team have discussed the locations of East Sussex Healthcare Trust inpatient rehab units prior to referring you. By agreeing to the referral, you are agreeing to a service in any one of the six rehab units listed below.

- Bexhill Irvine Unit: Holliers Hill, Bexhill-on-Sea, TN40 2DZ
- Crowborough War Memorial Hospital: Southview Road, Crowborough, TN6 1HB
- Lewes Victoria Hospital: Neville Road, Lewes, BN7 1PE
- Milton Grange (Eastbourne): Milton Road, Eastbourne, BN21 1SL
- Rye, Winchelsea and District Memorial Hospital: Peasmarsch Road, Rye, TN31 7UD
- Uckfield Community Hospital: Framfield Road, Uckfield, TN22 5AW



For more information about our community hospitals, please scan the QR code. We aim to provide inpatient rehab close to your home, but this is not always possible due to the high demand for rehab beds.

The most important outcome is that you receive your rehab as quickly as possible to progress your ability to prevent deconditioning.

What can I expect from rehab in intermediate care?

Goal setting

Our team will work with you to agree goals that are tailored to your rehab journey. We welcome your family to be involved in your journey as a rehab companion throughout your stay with us.

Multi-disciplinary approach

We will work collaboratively with our colleagues to help you achieve optimal outcomes.

Physiotherapy

Physiotherapy will assess your mobility and transfers so that they can make recommendations to maximise your independence. Exercise programmes will be agreed with you, which you can complete independently and/ or with your family or next of kin when they visit you.

Occupational Therapy

This is focussed on your activities of daily living and how to maximise your independence with these tasks.

If required, occupational therapy will complete an assessment of your equipment needs, to help you maintain independence on discharge with your activities of daily living.

Group therapy sessions

These aim to progress your physical and mental wellbeing within your journey of recovery.

Nursing

The nursing team are rehab focussed and will support you within your rehab journey by following the recommendations made by our therapy team, to progress your independence with mobility and confidence.

Medication

We will encourage you to take ownership of your medication regime wherever possible.

Why has my plan changed in the acute hospital?

Whilst waiting for an intermediate care bed, your discharge plan may change due to a change in your circumstances:

- If your condition improves whilst waiting for an intermediate care bed, your plan may then change to return to your usual place of residence instead.
- If your condition deteriorates and you become medically unwell, then you will need a therapist to reassess you once you become well again. This will help decide if intermediate care is still the right plan for you. Your team will discuss any changes to your plan with you.

Why has my plan changed in intermediate care?

Whilst being supported in an intermediate care bed, your discharge plan may change due to a change in your circumstances:

- It may become clear that your original goals for rehab are unachievable in the short term. This may require the team to review and agree new goals with you.
- If you become medically unwell, you may be readmitted back to the acute hospital. Sometimes a change in your medical condition can change your physical ability to progress within the inpatient rehab setting. Therefore, a therapist will complete a reassessment to establish if inpatient rehab is the correct plan for you. Your team will discuss any changes to your plan with you.

What do I need to bring with me for rehab in intermediate care?

- A change of clothing loose fitting and comfortable for a gym-based setting
- Dentures
- Glasses
- Hearing aids
- One pair of appropriate footwear shoes or trainers (not flipflops/sandals/mules)
- Small overnight bag
- Toiletries

Sources of information

Discharge coordinator, occupational therapists, physiotherapists.

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or email:

esh-tr.patientexperience@nhs.net

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The Clinical Specialty/Unit that have agreed this patient information leaflet:
Community Health and Integrated Care

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