

Other languages

This leaflet can be translated and provided in other languages on request.

We can also provide the information in other formats including Braille, large print and as a recording. Please contact us if you need help.

Our website www.manchesterlco.org also has this information online and can be automatically translated or read in Browsealoud.

Compliments and complaints

If you have any suggestions, comments, compliments or concerns about the services you have received, the **Patient Advice and Liaison Service (PALS)** team are here to help.

Whether you are a patient, a relative, friend or carer, they will listen to your concerns, help make your voice heard and liaise with the relevant staff to sort out any problems quickly.

The PALS team are part of our host organisation Manchester University NHS Foundation Trust. You can contact the team by email at pals@mft.nhs.uk or call **0161 276 8686**.

Who provides this service?

This service is provided by Manchester Local Care Organisation (MLCO). MLCO is the organisation that provides NHS community health and adult social care services in the city. **Find out more about MLCO at www.manchesterlco.org**

Contacting us

For further information about our service or to change an appointment with us, please contact:

 **0161 946 8222**

 mft.southmanchestercnrt@nhs.net

Our opening hours are Monday to Friday
8:30am to 4:30pm.

Referrals

If you think you would benefit from our service, please speak to your GP or healthcare provider, who will be able to make a referral for you.

All referrals should be made through the South Manchester Locality Single Point of Access (SPA).

SPA can be contacted by phone or by email:

 **0300 303 9650**

 mft.spa-uhs@nhs.net

Notes or specific contacts

Community Neuro Rehabilitation Team

Patient information leaflet



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About us

Welcome to the Community Neuro Rehabilitation Team.

We provide rehabilitation for adults with a neurological diagnosis or acquired brain injury and a rehabilitation need.

Rehabilitation may take place at home, in 24-hour care, or at a local clinic. It may also be carried out at another suitable community-based venue.

Who can we support?

Our friendly team can support adults who are over the age of 18 and who are registered with a GP in South Manchester.

We can also help young people aged 16 and over who are currently receiving support from paediatric services and are transitioning to adults.

Who is in our team?

We have a number of specialists working within our team. This includes:

- Physiotherapists
- Occupational Therapists
- Speech and Language Therapists
- Neuro Psychologists
- Psychology Assistants
- Nurses
- Therapy assistants
- Nursing assistants

What do we provide at an assessment?

We offer a holistic assessment from which patient-centred goals may be agreed upon and rehabilitation programmes developed.

For example:

- Promoting independence with day-to-day tasks
- Managing fatigue
- Cognitive rehabilitation such as difficulties with attention, memory, and insight
- Postural needs, muscle weakness and deconditioning
- Balance and mobility problems
- Hand and arm function
- Mood and anxiety difficulties related to your neurological diagnosis
- Signposting to community resources and promotion of self-management

What can you expect?

If you are referred to our service, we will invite you for an initial assessment. Relatives and/or carers are also welcome to join you for this appointment.

During this time, we will:

- Record your personal details, including relevant medical history and medication you are taking.

- Talk about the problems you are experiencing and how they affect you.
- Complete an assessment of any difficulties you may have.

We will then discuss your goals and put together a treatment plan for you.

In some cases, we may also, as part of your plan, refer you to other agencies.

Follow-up

We may offer follow-up treatment sessions based on the difficulties and goals identified for you. These will be carried out by a relevant member of our team.

We may also recommend a treatment plan for you to complete at home between visits to aid in your recovery. You can also involve your family members or carers at any stage of your rehabilitation to help you achieve your goals.

Discharge

We will always discuss with you when we feel you are ready to be discharged from our care. This usually happens towards the end of your treatment plan, when you have achieved your desired goals.

We may also discharge you if we feel that, following your treatment, no significant improvements have been made. In this case, we may signpost you to other relevant services.