

Cheshire & Merseyside Rehabilitation Network



Complex Rehabilitation Unit

Sid Watkins Building at The Walton centre

What is the Complex Rehabilitation Unit?

Rehabilitation helps a person achieve the best level of independence and quality of life possible after their injury or illness. Your time on the Complex Rehabilitation Unit is a step towards achieving this.

This unit, in the Sid Watkins Building at The Walton Centre, specialises in providing early supportive rehabilitation for patients who may require a high level of nursing and medical intervention.

The Complex Rehabilitation Unit has 30 beds, with facilities for a range of therapeutic treatments.

What to expect?

Your rehabilitation team will design a rehabilitation programme following assessment.

Regular goal setting meetings will be held with you and your rehabilitation team to discuss your progress and establish goals.

We welcome and value the input of your family and friends whilst planning and delivering your care.

You will have a named Rehabilitation Co-ordinator who will support you during your admission, help to plan your meetings and ensure your rehabilitation care runs smoothly.



'My Rehab Folder'

You will be given a rehabilitation file when you are admitted to the unit. It includes useful information about your care which could include:

- weekly therapy timetable and exercise sheets
- goal setting meeting notes
- Information and education leaflets about your condition.

Please note: On admission to the unit you will be given an 'estimated date of discharge'. This is a national requirement for the service and is not a definite date for your discharge. Your actual discharge date will depend on the progress you make with rehabilitation and will be discussed regularly with you and your family; it may therefore be *before* the 'estimated' date set.

Daily routine

Your daily routine will be planned around your needs and rehabilitation therapy sessions will be tailored to your needs.

If you need assistance with personal care tasks, nursing staff will provide this.

Nurses provide medication on drug rounds, please do not take any medication that you are not prescribed and talk to your doctor if you have any concerns.

You will be reviewed regularly by the medical team.

Therapy sessions will be tailored to your needs. Sessions may be scheduled between 09:00 and 16:00, Monday to Friday.

Meals are served in the dining lounge where possible.

If you have any questions please speak to any member of the team.

Facilities

- Accommodation consists of 30 single rooms
- Therapy gym with specialist equipment
- Lounge and television recreational area
- Garden
- Psychology treatment area
- Speech and Language Therapy assessment area
- Daily living assessment area
- Activities of daily living flat
- Wifi
- Television in each room

Who will provide your rehabilitation?

During your stay with us, a number of specialist staff may be involved in your care; they include:

- Single Point of Contact (SPOC)
- Rehabilitation co-ordinator
- Rehabilitation Consultant and ward Doctors
- Nurses and Health Care Assistants
- Occupational Therapist
- Physiotherapist
- Speech and Language Therapist
- Dietitian
- Therapy assistants
- Psychologist
- Consultant Neuropsychiatrist
- Mental Health Liaison Nurse
- Social Worker

The ward is supported by a team of administrative, domestic and catering staff.

Visiting times

Daily 14:00—19:00

We ask that visitors avoid protected meal times unless they have arranged to assist you with your nutritional needs – please discuss with the unit manager.

What to bring with you

- a regular supply of comfortable day and night time clothes
- toiletries
- photographs / home comforts if you wish
- music / personal TV / radio if you wish
- suitable footwear – please discuss with your treating team

We cannot be responsible for any items brought into the unit that may get lost or damaged.

Infection control

Please be aware the unit adheres to the Walton Centre NHS Foundation Trust's Infection Control Policy. You may be required to spend a short time, or your whole admission, in a single room without access to communal leisure spaces, depending on results of infection screening. This policy may differ from the ward/trust you have been transferred from. Unit staff will provide you with more detail regarding this.

Drug and alcohol use

The Walton Centre NHS Foundation Trust has a strict policy in place explaining its stance on unacceptable behaviour. The use of alcohol and/or drugs is forbidden and patients may be discharged from the unit if found to be using non-prescribed substances.

Smoking

The unit is based on a non-smoking site. Referral to smoking cessation services can be arranged. Staff cannot support patients wishing to leave the site to smoke.

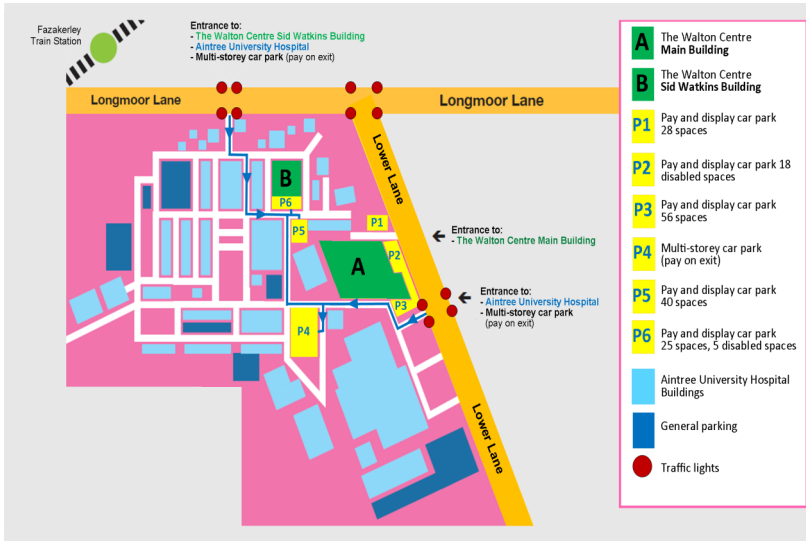
The use of e-cigarettes is not permitted on the unit or anywhere on the hospital site.

Visitors: how to find us

Come to the reception at the Sid Watkins Building on The Walton Centre site where you will be directed to the Complex Rehabilitation Unit.

Visitor parking

The easiest place to park is the pay-and-display car park outside The Sid Watkins Building.



**Thank you
messages
from our
patients.**

**“Thank you so
much — you
helped give me
my life back”**

**“Thank you for all
you have done for
me. You are super
special”**

**“Thank you for
helping me to
improve”**

**“Thank you so
much for caring
for Mum with such
patience and
kindness”**

**“Thank you so
much for helping
Dad on his road to
recovery”**

Complex Rehabilitation Unit
The Walton Centre NHS Foundation Trust
Longmoor Lane
Liverpool
L9 7LJ
0151 529 3259

www.thewaltoncentre.nhs.uk

For practical advice please contact our Patient Experience Team on 0151 556 3090 or patientexpereinceteam@thewaltoncentre.nhs.uk

Do you want this leaflet in another language?

This information can be translated on request or if preferred an interpreter can be arranged for additional information regarding these services please contact Medical Records on 0151 525 3611

Gellir gofyn am gael cyfieithiad o'r deunydd hwn neu gellir trefnu cyfieithydd ar y pryd os yw hynny'n well gennych. I wybod rhagor am y gwasanaethau hyn cysylltwch â chanolfan Walton ar 0151 525 3611 a gofynnwch am Rheolwr Cofnodion Meddygol (Medical Records)

Date of Approval: April 2017

Date of Review: April 2021