

# Cheshire & Merseyside Rehabilitation Network



## Lipton

# Hyper Acute Rehabilitation Unit

**The Walton Centre**

## What is the Hyper Acute Rehabilitation Unit?

This unit, on Lipton Ward at The Walton Centre, specialises in providing early supportive rehabilitation for patients who require a high level of nursing and medical intervention.

It is part of the Cheshire and Merseyside Rehabilitation Network (CMRN), providing specialist assessment, treatment and rehabilitation.

The Hyper Acute Rehabilitation Unit has 10 beds and facilities for a range of therapeutic treatments. Our team of professionals work closely with patients and families to provide active rehabilitation, to achieve the best possible level of independence and quality of life.

## 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.

**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.

## **‘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
- exercise sheets
- goal setting meeting notes
- Information sheets and education sheets about your condition.

## **Daily routine**

Your daily routine will be planned around your needs and rehabilitation therapy sessions will be tailored to your needs. Sessions may be scheduled between 09:00 and 16:00, Monday to Friday.

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

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

You will be reviewed regularly by the medical team.

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

## **Facilities**

- Accommodation consists of 3 single side rooms and 8 beds within single sex bays. Side rooms are used for those with a clinical need for a room of their own
- Therapy gym with specialist equipment
- Televisions in each side room and bays
- Wifi

## 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 2.30 –16:00 and 18:00 - 20:00

If you would like your visitors to come outside these hours please speak to the unit manager or nurse in charge.

We request that visitors avoid protected meal time unless they have arranged to assist you with your nutritional needs. Please speak to the unit manager for further information.

To enter the unit visitors should ring the bell and a member of staff will let them in. Please be patient as sometimes staff are busy on the unit.

### **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.

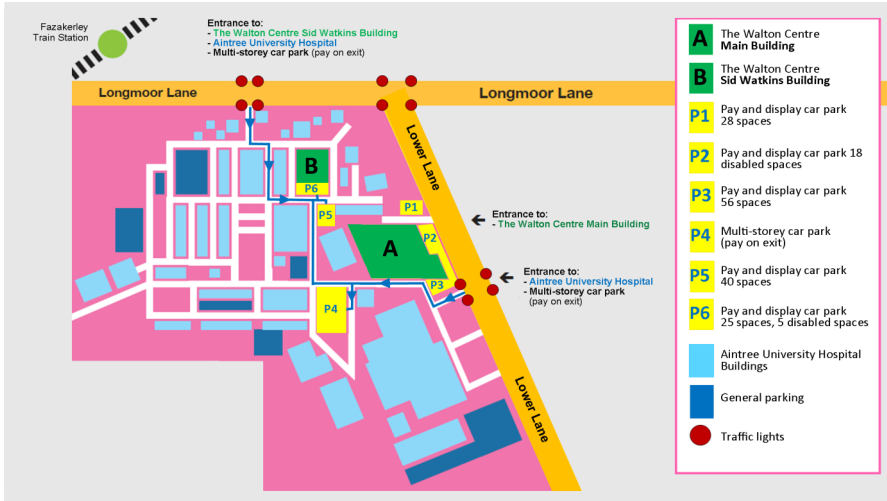
The use of e-cigarettes is not permitted on the unit or anywhere on the hospital site.

## Visitors: how to find us

Come to the main reception of The Walton Centre, where you will be directed to Lipton Ward on the first floor. Or, if you enter on the second floor via the link bridge from the multi storey car park, make your way directly to Lipton Ward on the floor below.

## Visitor parking

The easiest place to park is the multi storey car park.



**Thank you  
messages  
from our  
patients.**

**“Thank you for  
making him feel  
like an individual  
again”**

**“Thank you for all  
the care and  
encouragement you  
have given me over  
the last few weeks”**

**“No words can  
describe how  
thankful we are for  
all you have done. We  
are eternally grateful”**

**“I did not need the  
CQC to tell me you  
were outstanding—  
you can see it every  
day!”**

**“Thank you for  
all you do. You  
truly are  
wonderful”**

**Lipton Ward**  
**The Walton Centre NHS Foundation Trust**  
**Longmoor Lane**  
**Liverpool**  
**L9 7LJ**  
**0151 529 8738**

[www.thewaltoncentre.nhs.uk](http://www.thewaltoncentre.nhs.uk)

For practical advice please contact our Patient Experience Team on 0151 556 3090 or [patientexpereinceteam@thewaltoncentre.nhs.uk](mailto: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)

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