

Reablement Therapy Service Information Booklet

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Department: Reablement Team
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Appointment Information

Your first appointment is on the: _____
at _____ with _____

Follow up appointments

Date/Time _____
Therapist _____

Date/Time _____
Therapist _____

Date/Time _____
Therapist _____

Please telephone **01744 676767** if you need to cancel/ change your appointment for any reason.

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Introduction

You have received this booklet as you have been referred to the Reablement Therapy Service for an assessment.

This means that a health or social professional has identified that you may have therapy goals which needs to be assessed by a member of our therapy team.

This could be an occupational therapist, physiotherapist or a therapy assistant.

The reablement team is a multi-disciplinary service with a primary role of promoting independence in people 18+ including those with mild to moderate mental health issues.

Our goal is to maximise independence whilst minimising dependency on ongoing services.

Service users will be supported to retain or regain functional abilities.

Therapy assistants and reablement support workers will assist the service user to follow a therapy programme to be reviewed by lead therapist.

The service is aimed at maximising independence, and intervention will vary in length in line with individual need, and could be as little as a few days.

Professionals in the team

- Occupational therapists
- Physiotherapists
- Therapy assistants
- Nurses
- A Community Psychiatric Nurse
- Reablement Support Workers

Aims of the service

- To prevent inappropriate admission to acute hospital care
- To enable people to remain in their own home environment
- To prevent the need for long term domiciliary care packages

Types of things we can support you with following a period of illness

- Improving your muscle strength and balance by completing an exercise programme
- Indoor and outdoor mobility practice
- Kitchen activity practice
- Washing and dressing practice
- Confidence building with activities of daily living

Assessment and Goal Setting Process

An assessment will be completed in your own home which will take into account the following:

- Past medical history/ current conditions
- Recent falls
- Home environment
- Previous level and current level of mobility/functioning around the home environment
- Your personal goals

It may be useful for you to write some information down to help you discuss your history with the therapist prior to the assessment.

The therapist will decide whether the service is suitable for you, and if not they may be able to signpost you to other services depending on your needs.

If the service is appropriate for you, the therapist will work with you to set you SMART goals.

Specific - *what exactly is it you want to do?*

Measureable - *how will I track my progress?*

Achievable - *how will the goal be achieved?*

Realistic - *how do you know you can achieve this goal?*

Timely - *how long will it take to accomplish the goal?*

Have a think about what you want to achieve and write your personal goals down below:

1.

2.

3.

Once your goals have been identified, the therapist will set out a programme of exercises and functional activities for you to complete.

This could be by yourself, with your family, or with our reablement support workers.

Whilst you are awaiting your initial appointment, we have provided some basic exercises and management tools for you to start using.



Please be mindful to stop if these are causing you any pain or discomfort, and wait for your initial assessment with the therapist



Chair Based Exercises

If you have any fractures, severe joint pain and/or limiting medical conditions, please seek advice from the therapist or doctor prior to completing exercises. All exercises should be performed within a comfortable range. If painful, please stop. Do not complete if you are feeling very unwell or breathless. Complete these exercises in sitting.



©Physiotools

Turn your head to one side until you feel a gentle stretch. Hold this position for approximately 3 seconds. Repeat for the other side.



©Physiotools

Bend your head forwards until you feel a gentle stretch behind your neck. Hold for approximately 3 seconds.



©Physiotools

In sitting, roll your shoulders
back.

Repeat 10 times as able



©Physiotools

In sitting, hold your hands and
lift your arms over your head.

Breathe in and slowly bend
your arms to the side. Breathe
out and return to the starting
position. Repeat in opposite
direction.



Lift your heels up and down.
Complete 10 times as able
Lift your toes up and down.
Complete 10 times as able

©Physiotools



In sitting, lift your leg up from
the seat, keeping your knee
bent. Return to starting position.
Repeat 5-10 times as able

©Physiotools



Sitting on a chair, lift one leg
and bring it out to the side. Lift
it again and bring it back to the
starting position.
Repeat 5-10 times as able
Then repeat with other leg.

©Physiotools



©Physiotools

Sit up straight, so that your feet are supported on the floor.

Bend your ankle and straighten your knee using your front thigh muscles.

In a controlled manner, return to the starting position.

Repeat 5-10 times as able.



©Physiotools

Sit up straight, so that your feet are supported on the floor.

Slide your foot backwards on the floor and bend your knee as much as possible.

Return to starting position.

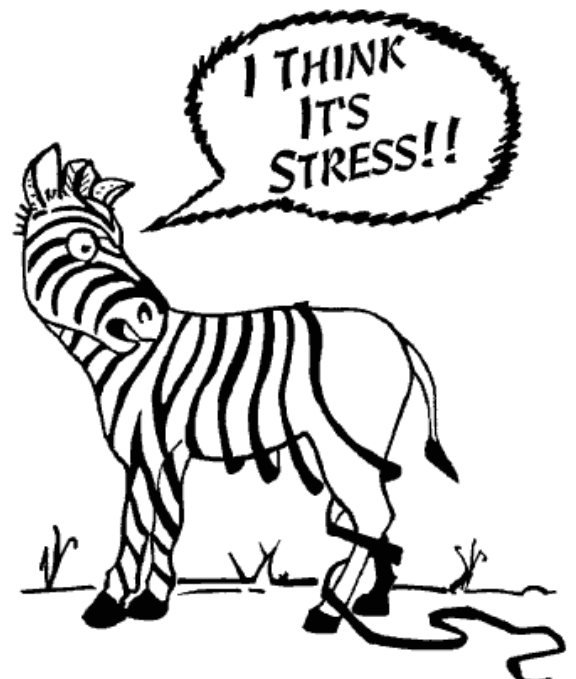
Stress and Anxiety Management

Positive Coping Strategies

- Exercise
- Eating well
- Breathing well
- Good sleep routine
- Hobbies/leisure time
- Relaxation
- Delegation
- Positive thinking

Negative Coping Strategies

- Smoking
- Excessive alcohol
- Too much caffeine
- Comfort eating



Change your behaviour!

Organise – write things down, make lists and set goals

Delegate – let others help you

Work balance – take regular breaks, make time for leisure

Offloading – a problem shared is a problem halved

Laugh – it relieves muscular tension, and pumps endorphins into your blood stream

Relaxation Techniques

- Visualisation
- Progressive muscle relaxation
- Rectangle Breathing
- Calming Hand
- Sips of cold water
- Music
- Massage
- Meditation



Progressive muscle relaxation:-

- Begin by focussing your attention on your feet, trying to release the tension in your muscles.
- First think of your toes, working up through your ankles to your calves and shins, over your knees and along your thighs.
- Notice how loose your legs feel now.
- Become aware of your tummy and then your chest. Feel the tension flowing out of your body. Now think of your shoulders travelling down to your elbows, through your forearms, and into your wrists, hands and fingers.
- Become aware even of your fingertips.
- Notice how loose your arms feel now.
- Next, focus your attention on your lower back and pelvis. Try to release any tension you are feeling here.
- Allow this feeling of looseness to rise up your back, to the back of your chest and shoulder blades
- Continuing up into your neck and scalp, to the crown of your head.
- Slowly begin to focus on your forehead and move down to your jaw.
- Imagine that you have a giant paint brush, sweeping over your body, following the same route and creating a feeling of calm and relaxation.
- Feel that every part of your body is relaxed

Visualisation Exercise - Cottage by the Sea:-

First make yourself completely comfortable.

Take yourself in your imagination to the garden of a cottage by the sea.

You are sitting in a comfortable garden chair with plump cushions. All around you are the flowers of the cottage garden and you have a wonderful view out to the sea. In the distance you hear the rhythmic beating of the waves on the beach below.

After a while, you get up from your chair and walk across the brilliant, sun-warmed grass of the lawn. You make your way down a flight of steps which lead directly onto the wide, smooth, sandy beach. You take off your shoes, and walk over the pale, warm, dry sand down towards the water's edge. Feel the warmth coming from the sand beneath your feet, feel the sand between your toes.

As you get nearer to the sea, the sand becomes smooth, hard and damp. Now you can come to the water's edge.

You watch the sparkling foam running up the beach towards you, and you let the warm, shallow water flow around your ankles.

You walk along the water's edge, enjoying the rhythmic swish of the waves swirling around your ankles, the sunlight dancing on the water.

Now you turn back towards the cottage. You walk back over the smooth, hard sand, over the pale, powdery sand.

You go up the steps which lead back on to the lawn. The grass feels cool and refreshing to your warm bare sandy feet. You sit down in your chair again, allow your eyes to close and bask in the warmth of the late afternoon sun.

Enjoy this scene for a few minutes. Then begin to bring your attention back to the room in which you are in.

Become aware of the feeling of relaxation that you are bringing back with you. And in your own time open your eyes.



There are five steps (or fingers) to understanding the Calming Hand

Step 1 – Thumb

Recognition

Recognise your signs of panic EARLY and take the following steps to regain control:

Step 2 – Index finger

Sigh out

As you do, relax your shoulders and arms.

Step 3 – Middle finger

Breathe in slowly.

Step 4 – 4th finger

Breathe out slowly.

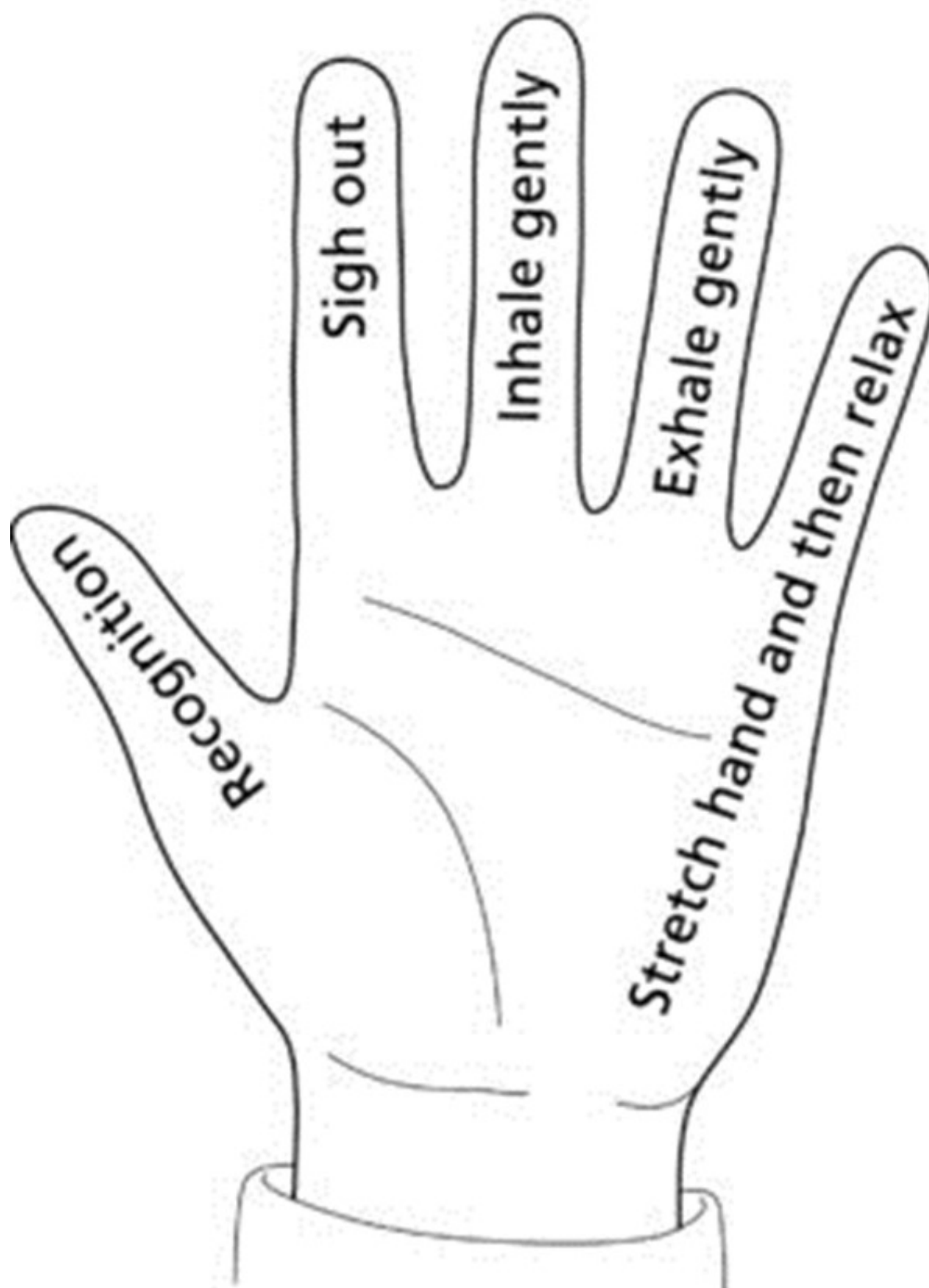
Step 5 – Little finger

Stretch and relax your hand.

Sometimes just hand stretching is enough to help when you are starting to panic.

Repeat these steps until you feel calmer.

Calming hand



**Cold water sipping to help ease panic
and anxiety**

Take a cold sip of water and swallow it

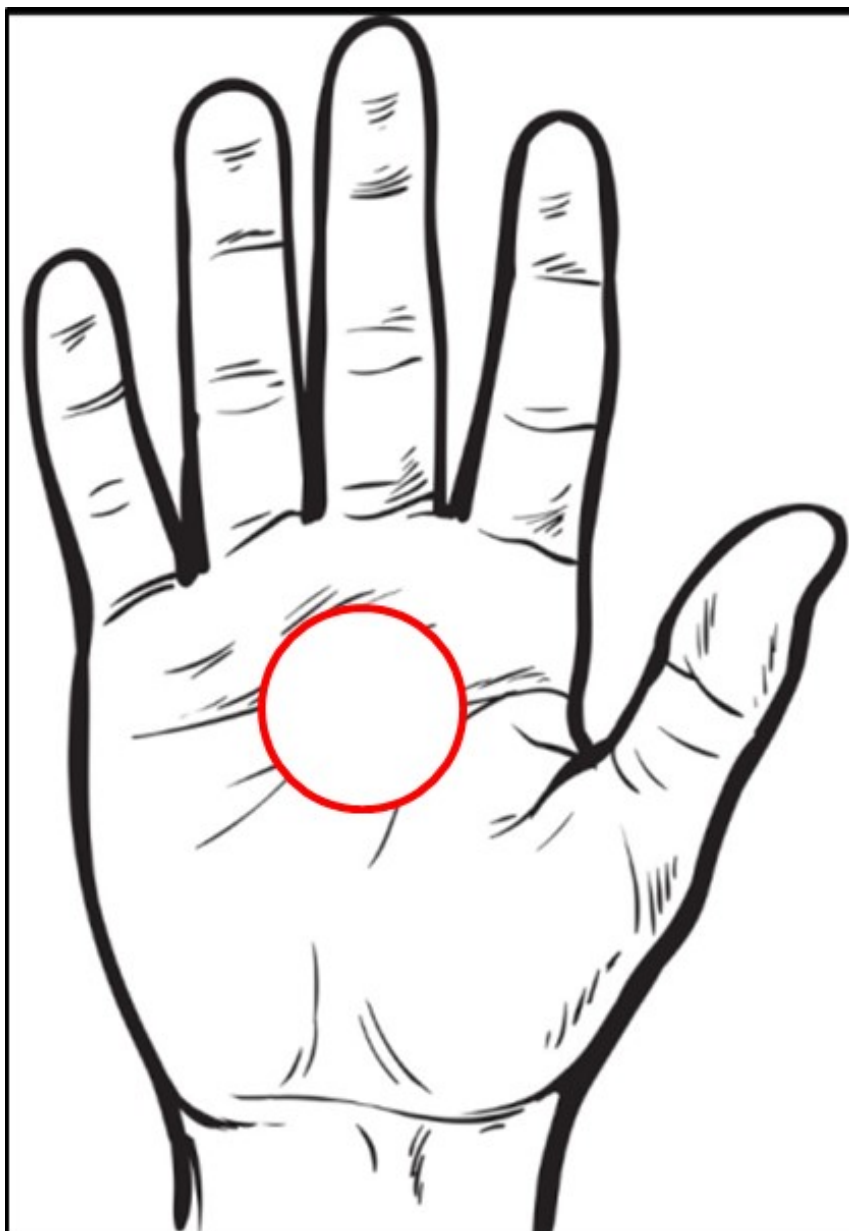
**Take another, hold it in your mouth, make it
warm- swallow**

Repeat if necessary



Self-Soothing to help with panic and anxiety

Massage the area shown with the thumb of your other hand



Breathlessness Management Techniques if you struggle with breathlessness

If you have new breathlessness, please seek guidance from a GP or contact 111 for medical advice or 999 in an emergency

Pursed Lip Breathing:-

1. Breathe in through your nose (as if you are smelling something) for about 2 seconds.
2. Pucker your lips like you're getting ready to blow out candles on a birthday cake.
3. Breathe out very slowly through pursed-lips, two to three times as long as you breathed in.
4. Repeat.



Controlled Breathing:-

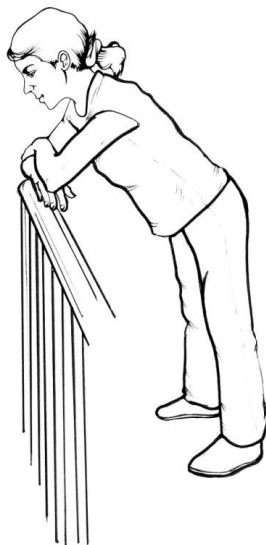
- Sit in a comfortable position with your back well supported (e.g. a dining chair)
- Place your hand on your upper abdomen, between your belly button and your upper chest
- Breathe slowly in through your nose and slowly out through your mouth. Counting as you breathe (in 2-3, and out 2-3-4, rest 2-3) may also help your breathing control
- At the same time allow your shoulders to drop down towards your waist and feel your neck grow longer
- You should notice little movement from your upper chest while your upper abdomen rises and falls as you breathe
- Your breathing should be quiet and effortless
- Practice doing this several times during the day so that it becomes easier to do
- The aim is for you to feel you can use this way of relaxed breathing whenever you become anxious or expect to become breathless

Positions of ease:-

These positions may help you to ease your breathlessness at rest and after activity. The most commonly used positions are shown, however you may find other positions of ease which are not pictured.



Make sure you are fully over on your side. Resting your upper arm on a pillow may also help.

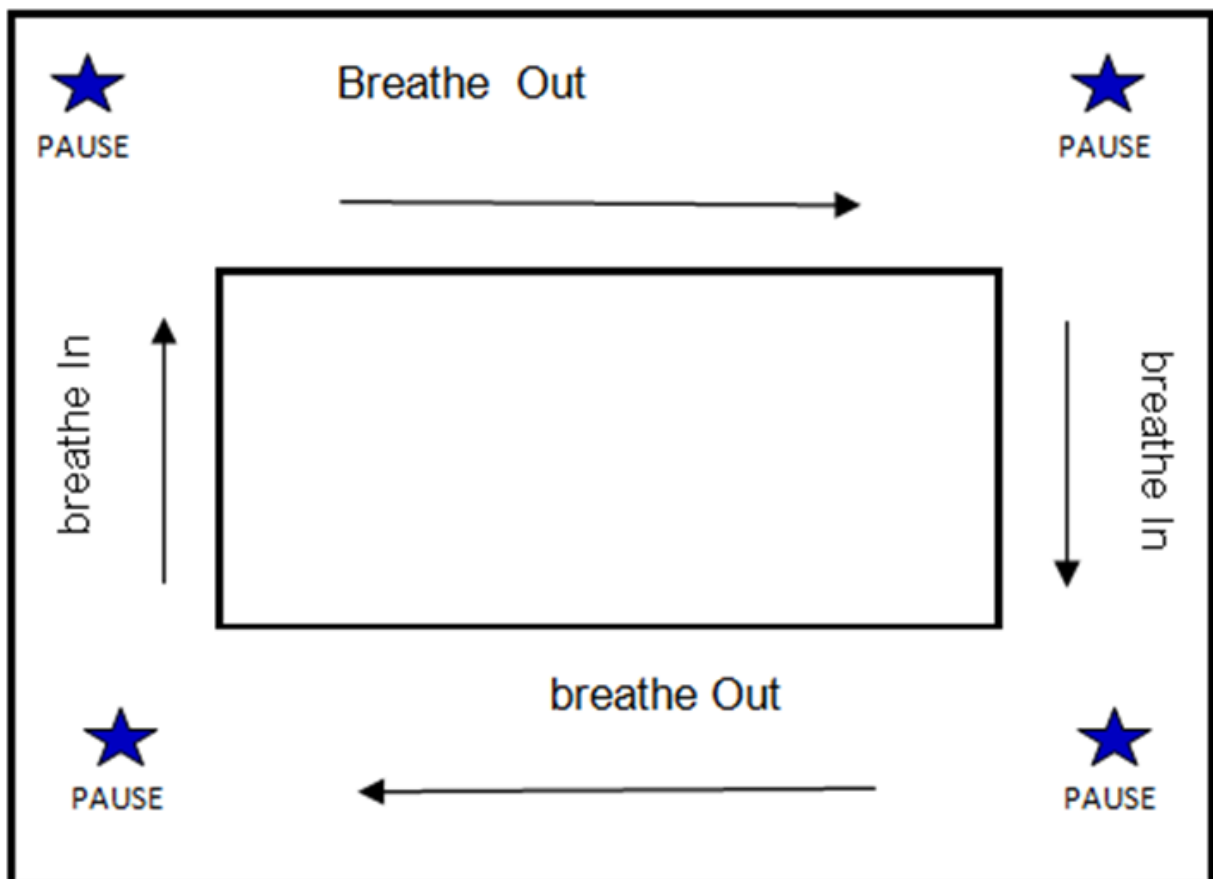


Relax down onto the pillows as much as possible. Having your legs apart may also help.

Rectangle Breathing:-

Breathe in when you're going vertically, pause when you reach a corner, and breathe out when you're going horizontally. The horizontal sides should be longer than the vertical sides

Rectangle Breathing



Fatigue Management

Following an admission to hospital, it can be normal to feel fatigued. Here are some strategies to help you.

Conserving your energy:-

Planning - Consider which times of the day are best for you and plan activities around this time. Try to space activities out during the week and not concentrate all activities into one day.

Pacing - Slow down your activities as this will take less energy. Slow down when you talk, laugh, eat or cough – these actions can affect your breathing pattern. Break down your activities into smaller tasks that are more manageable. Allow yourself some time each day to try to relax. Remember that it is better to take a little extra time to complete one task and be able to continue than to finish one task quickly and feel too tired to continue

Prioritising - When you have a fixed amount of energy to use, it is worth having a think about which activities are most important to you. Sometimes it can help to write everything down that you would like to or need to do. Then think about whether these activities are high, medium or low priority for you. When planning what activities you are going to do, concentrate on the high priority things first and then work your way through to the medium priority activities. It might be that you don't get round to doing the low priority activities or ask someone else to do these.

'Jug of Energy'

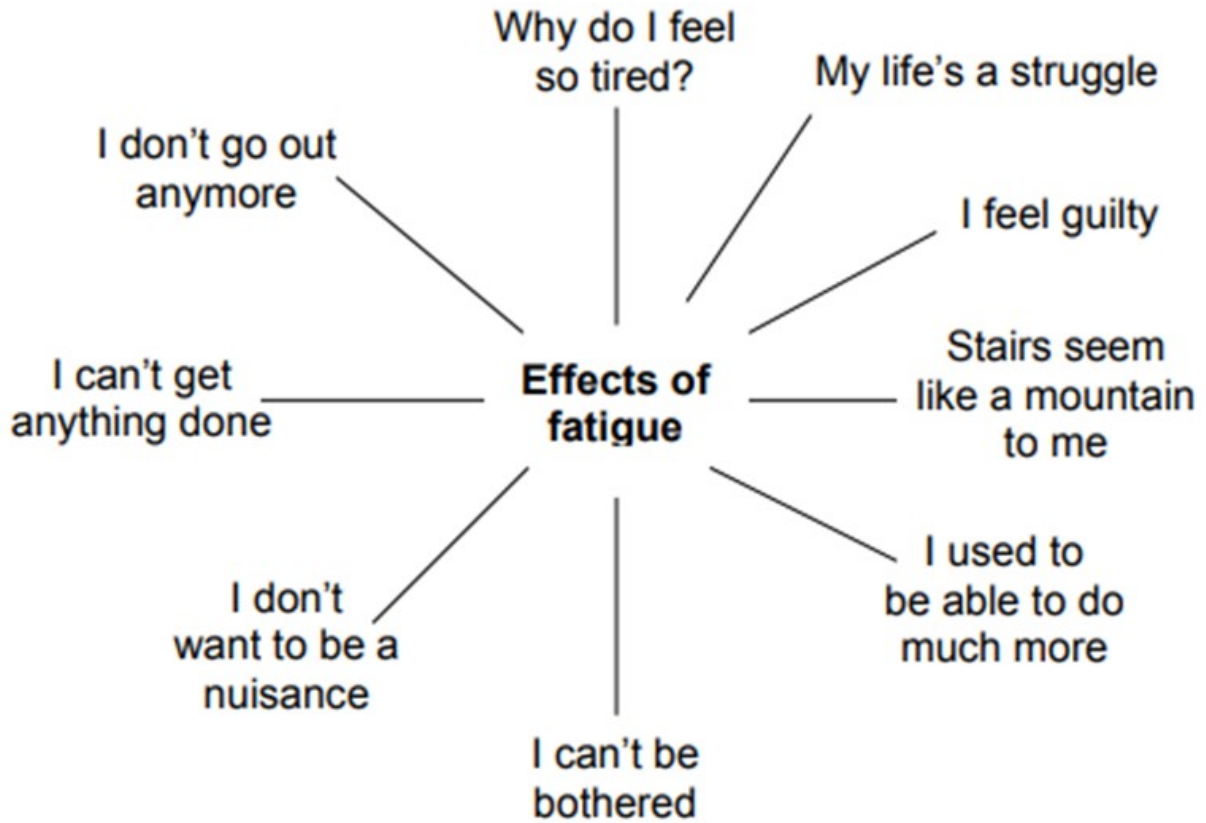


Imagine your energy in terms of having a **'jug of energy'**. Some activities will top up the energy in your jug and other activities will use up the energy in your jug.

What would you like to use your energy on?

Try to keep 20% of your energy in your jug at all times.

Effects of fatigue



Practical tips to reduce physical fatigue levels:

- Getting a balance of activity, rest and sleep
- Try to have a regular sleep / wake pattern
- Try to avoid sleeping during day – naps of 20 mins only
- Keep as active as possible during daytime
- Try to identify problems and worries well before going to bed
- Avoid caffeine and alcohol before bedtime
- Eat healthy and have plenty of fluids

Use of Adaptive Equipment:-

- Use equipment to conserve energy
- Adapt your environment to suit you
- Speak to the **Occupational Therapist** regarding potential equipment to adapt the environment



Practical tips to reduce cognitive fatigue levels:

- Let others know when you are feeling overwhelmed or overloaded
- Cut out distractions
- Write lists for activities e.g. shopping, to do lists
- Keep a diary to help remember and plan for the day and week
- Keep mentally active
- Art / craft / gardening activities can help you to feel refreshed mentally

SMART goals:-

Specific- *what exactly is it you want to do?*

Measureable- *how will I track my progress?*

Achievable- *how will the goal be achieved?*

Realistic- *how do you know you can achieve this goal?*

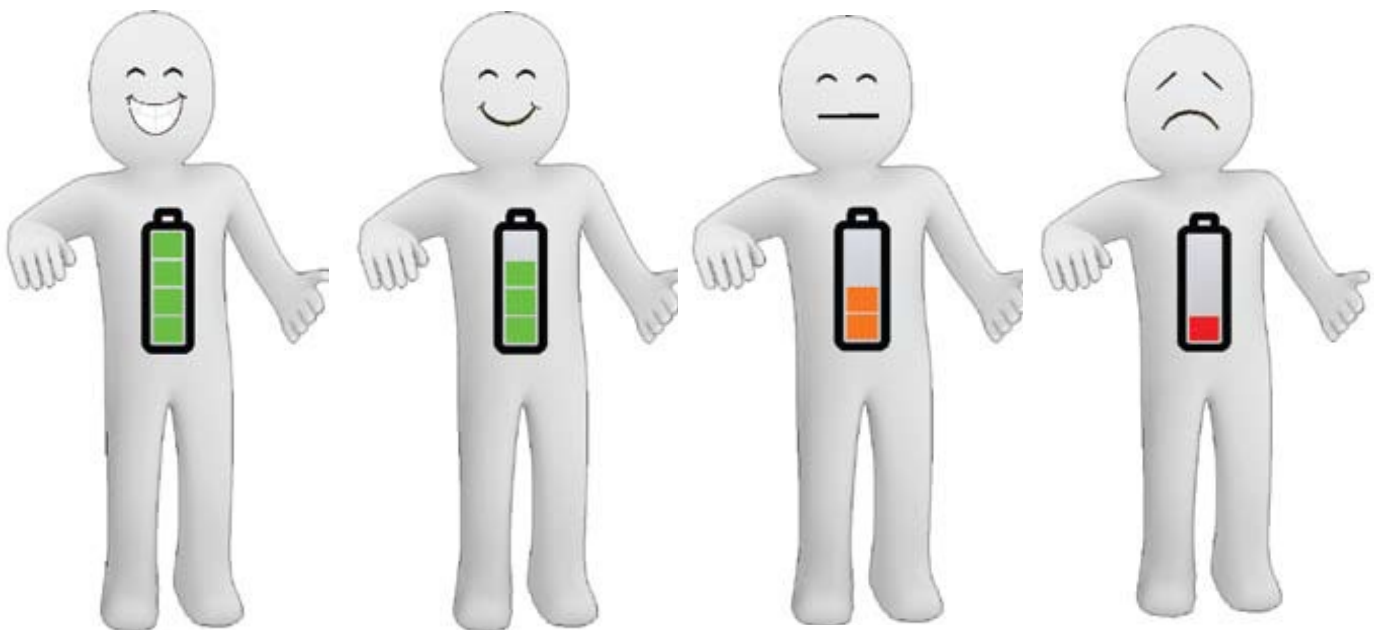
Timely- *how long will it take to accomplish the goal?*

Keep a daily diary/ to do list

Time	Activity	Completed
8am	Get up, washed and dressed	Yes
9am	Have breakfast	Yes
10am	Meditation	Yes
11am	Chair exercises	Yes
12pm	Lunch	Yes
1pm	Read a book	Yes
3pm	Puzzle	Yes
5pm	Dinner	Yes
7pm	Relaxation	Yes
9pm	Get ready for bed	Yes

Fatigue Management

Each day you start with a certain amount of energy like a fully charged battery. With each daily activity your energy levels will reduce e.g. washing, dressing, talking, eating, going to the toilet etc. It is important to pace yourself during the day to save your energy. You cannot function on empty



Mood Management

Keep a track of how you feel each day with a mood diary

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Examples of words you could use to describe your feelings:

Calm, Cheerful, Content, Thankful,
Lonely, Sad, Afraid, Sick, Tired,
Miserable, Worried, Proud, Irritated,
Low, Glad, Happy

Gratitude Diary

Keeping a gratitude diary has been shown to have a powerful effect on mental wellbeing. It focuses on the positive things in your life, can reduce stress, improve happiness, and improve self-esteem.

3 things that I am grateful for:

1.

2.

3.



Accessing Other Services

Age UK Mid Mersey 01744 752 644

Email: enquiries@aukmm.org.uk

Befriending Service: Referrals can be made by a health care worker, neighbour, family, friend or by yourself. For more information about the services, please get in touch using the contact details below.

Dementia Cafes: an advisory service, reminiscence sessions and peer group support for older people who have been diagnosed with low-level dementia.

Higher level exercises classes: Gentle chair based exercise, Nordic walking, Walking football, Thai-chi)

Helping Hands Service: Helping Hands volunteers provide help with those odd little jobs that can cause a big headache for older and vulnerable people. For example, changing light bulbs, changing curtains, moving furniture, clearing a loft, defrosting a freezer

Help at home: A personal service for older people offering help with regular housework, shopping and laundry to social activities. All for an affordable fee. Contact below:

Joan Pilkington Phone: 01744 414434

Email: joanpilkington-burrows@aukmm.org.uk

Contact Cares

Contact Cares is the **single point of access** for all social care and adult health referrals

It is a multi-disciplinary team consisting of qualified and unqualified social care staff, occupational therapy, physiotherapy and general nursing, who will co-ordinate and carry out assessments from referral request.

The assessment will determine the most appropriate services to meet the presenting need and activate services. If services are not required, Contact Cares will provide signposting, advice and guidance to assist you.

Examples include (this list is by no means exhaustive):

- Rehabilitation
- Falls team
- Audiology
- Careline
- Social care
- Reablement
- Voluntary services
- A range of health teams
- Nursing assessment
- Contact Cares crisis response
- Medicines management
- Falls prevention
- Healthy living

Referrals are accepted for anyone living in St Helens or registered with a St Helens GP.

Methods of referral are:

Contacting Contact Cares on **01744 676767** or via the email [**contactcares@sthelens.gov.uk**](mailto:contactcares@sthelens.gov.uk).

Self-referral online via the council website.

Hours of operation:

8.00am to 10.00pm - seven days per week

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

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