

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

Photographs and images used in this leaflet were created by the Community Intermediate Care Team. Consent was gained from the individual prior to being photographed.

Community Intermediate Care Team (CICT) information booklet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Contact Cares

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

Contact Cares can assist to re-direct you to the appropriate service. If you have any health or social care concerns and you are not sure who to contact, please contact via one of the below methods.

Contacting Contact Cares on **01744 676767** or via the email:

contactcares@sthelens.gov.uk

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.

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.

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.

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:

- Adapt your environment to suit you
- Speak to the **occupational therapist** regarding potential equipment to adapt the environment.

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.

You have received this booklet as you have been referred to the Community Intermediate Care Team (CICT) for a therapy assessment.

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

The team is a multi-disciplinary service, with a primary role of promoting independence in people 18+. Referrals are accepted for anyone registered with a St Helens GP.

Our goal is to maximise independence whilst minimizing dependency on ongoing services. You will be supported to keep or get back functional abilities.

The length of intervention will be in line with individual needs, and could be as little as a few days.

Professionals in the team

- Occupational therapists (NHS)
- Physiotherapists (NHS)
- Therapy assistants (NHS)
- Intermediate care support workers (St Helens Council).

Aims of the service

- To enable people to stay in their own home environment
- To stop the need for long term home care packages
- To return to previous levels of function if able.

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 do not get round to doing the low priority activities, or ask someone else to do these.

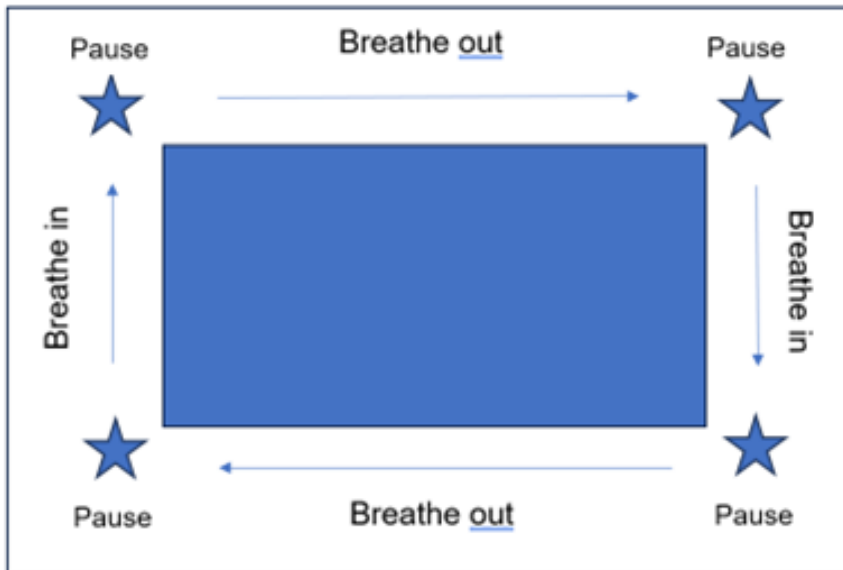
Rectangle breathing:

You can try this breathing exercise to help with relaxation.

Using the rectangle diagram below, follow the lines around the rectangle to control your breathing.

Breathe in when you are going vertically, pause when you reach a corner, and breathe out when you are going horizontally.

The horizontal sides should be longer than the vertical sides.



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.

The 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 direct you to other services depending on your needs.

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

Specific- what exactly is it you want to do?

Measurable- how will you track your 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 therapy goals down below:



- 1.
- 2.
- 3.

Once your goals have been identified and agreed, 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 intermediate care support workers.

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.



When sitting, lift your leg up from the seat, keeping your knee bent.

Return to starting position.
Repeat 5-10 times as able.



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.



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.

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 or any limiting medical conditions please seek advice from the therapist or doctor before 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 when sitting.



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

Repeat 5-10 times in each direction.



Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds. Repeat on the right side.

Repeat 5-10 times in each direction.



When sitting, roll your shoulders back.

Repeat 10 times as able



Sit upright with your arms by your sides. With palms facing forwards raise both arms out and to the side, and up as far as is comfortable. Return to the starting position. Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them.

Repeat 5-10 times as able.



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

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