

# Rehabilitation at Foxbury

3rd floor, main building  
Queen Marys Hospital, Sidcup  
0300 003 1216

## I've heard of this service called 'rehabilitation'- what does this mean?

Rehabilitation is defined as:

*'the restoration, to the maximum degree possible, of an individual's function and/or role, both mentally and physically, within their family and social networks and within the workplace where appropriate.'*

NHS England

## How will we plan for me to go home?

Planning for you to return home (often referred to as 'being discharged') starts quite early during your stay and we encourage your family to be involved. A meeting will be held to plan your discharge effectively. Next of kin or a family representative will be invited to attend.

We will agree an "Estimated Discharge Date" at the beginning of your stay. The team will work with you to agree what support you may need and work towards this date. If this date needs to change we will discuss this with you.

**Bromley  
Healthcare**  
better together

The Rehabilitation service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1b Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

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**NHS**

**Rehabilitation at Foxbury**

**Provided by Bromley Healthcare**

## Supporting patients to leave hospital:

The Bromley Healthcare Rehabilitation service supports people at home and also at the Foxbury Unit. This leaflet tells you about the service at the Foxbury Unit.

## Why am I here?

We are offering you rehabilitation at the Foxbury Unit to help you recover after a stay in hospital—perhaps because you're not quite ready to go home yet, but you don't need to be in hospital any more.

## How will you help me?

We will encourage, help and support you to become as independent as possible before you return to where you live. The team may include:

- A visiting GP
- Qualified nurses
- Occupational therapists
- Physiotherapists
- Rehabilitation and nursing assistants
- Care managers

## How long will I stay?

Your stay will depend on your own needs and on how well you progress. You may only need to stay for a couple of weeks, but sometimes you may need our help for longer.

Once you are safe to be at home, if you continue to need rehab, this will take place in your own home.

## What do I need to have with me?

- Clean clothing including underwear, socks, footwear, day and night clothes
- Toiletries such as shampoo, tissues, toothbrush and any grooming items
- Money should you wish to purchase newspapers

## How will the team work with me?

We will talk to you and carry out assessments to plan your rehabilitation. We will also set some goals - things you want to achieve to help you recover. The whole team will work with you to help you to achieve these goals and your progress will be reviewed regularly.

The **physiotherapist** will provide you with an exercise programme, or carry out sessions in the gym, to help you improve your strength and balance.

The **occupational therapist** may show you how to carry out tasks in a different way or introduce you to a simple piece of equipment to help you regain your independence. We also run group sessions. These may be an activity or a social group .

The **nurses** will look after you while you are undertaking your rehabilitation.

**Care managers** are part of the local social services team and are available during office hours if you need support or have questions. They will also be able to discuss any on-going care you may need.

**During your stay the services of other healthcare professionals can be accessed as required.**

## What will a normal day be like?

- You will be offered help with washing and dressing, if you need it
- A selection of meals are provided at the following times:  
**Breakfast 8:30am**  
**Lunch 12:30pm**  
**Dinner 5:30pm**
- You may be involved in various rehabilitation sessions depending on your needs and agreed goals
- Daily visiting hours are:  
**Monday to Friday**  
**2:00pm–5:00pm, 6:00pm–8:00pm**  
**Saturday, Sunday, Bank Holidays**  
**11:00am–12:00pm, 2:00pm–5:00pm, 6:00pm–8:00pm**  
These need to be flexible around your exercise programme and meals
- There is a small day room which has a TV, DVD player, and selection of DVD's, reading material and games for use when you are not attending rehabilitation sessions
- You will be invited to join weekly activities such as arts and crafts

## What will I be expected to do?

Your rehabilitation sessions are designed to help you recover after your stay in hospital and you will get as much out of them as you put in!

Our aim is to make your rehabilitation as enjoyable as possible. If you have any questions, concerns or suggestions about activities please contact Paul Drury or a member of his staff and they will be happy to discuss these with you.