Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Intermediate Care Therapy Services - Richmond House

Version number: **6**
Last modified date: **12th November 2026**

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Patient Information

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Our Service

Richmond House Care Home, run by HC-One, has a number of beds which have been allocated specifically for community health and social care use. People can stay in the Intermediate Care beds for a short period of recovery, reablement or rehabilitation to improve their level of function following a period of ill health.

The bedrooms all have en-suite toilet facilities. There is a communal lounge where group activities may take place. There is also a dining room where you will be encouraged to eat your meals.

Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust Intermediate Care Therapy Team provides therapy for people staying in the Intermediate Care beds at Richmond House.

Aims

We are a multiprofessional rehabilitation team who work together with the HC-One staff, with the aim of supporting you to return to your usual place of residence as soon as you are independent enough to continue your recovery at home.

Our aim is to encourage people to regain independence and to take part in their daily activities such as:

- Personal Care
- Meal Preparation
- Walking practise

- Getting on and off the bed/chair/toilet
- Getting in and out the house

What to expect

Whilst in Intermediate Care you will be receive support from Physiotherapists, Occupational Therapists, Rehabilitation Practitioners, Therapy Assistants, care support workers, social workers and other visiting services such as Podiatry.

You will have an initial therapy assessment within the first few days of arriving at Richmond House. This will identify difficulties you are experiencing with your day-to-day activities.

A personalised rehabilitation programme, with mutually agreed goals, will be set up to help you to become independent.

Your rehab programme may include:

- Provision of walking aids
- Practise of day-to-day activities
- Exercises for strength, balance and movement
- Advice and education

- Provision of equipment to assist in the rehabilitation programme.

- Group activities

You will not necessarily see a registered therapist, as much of the programme is delivered by the Rehabilitation Practitioners and through the day-to-day care provided by the support workers.

The therapy team visit Richmond House every weekday to deliver direct, face-to-face therapy activities and to guide the support workers to provide just the right amount of assistance for you to regain confidence and lost abilities.

The programme might include tasks/exercises to do independently or alongside the rehabilitation team.

Your goals and rehabilitation programme will be reviewed and updated on a regular basis.

The team will also support your discharge from the care home and make referrals to one of our community teams. This may include visits home.

Your length of stay will depend on your goals and the progress you make.

What we expect from you

To fully engage in all assessments and care planning. To fully engage in interventions as determined by your assessments and care plans to assist in your recovery to enable you to return to your usual place of residence.

To bring appropriate footwear (flat shoes or supportive slippers)

To provide access to a key for your property in case we need to visit your home in order to prepare you for discharge.

Communicate with us at the earliest opportunity if you envisage any difficulties with the set expected date of discharge or discharge plans discussed and agreed with you.

Further Information

If you require any further information about your referral to intermediate care or your stay in one of our residential units, please ask a member of the nursing staff who are currently looking after you.

Contact details for the Therapy Team

Telephone: **0300 707 1256**

Leigh Town Hall

Second Floor Civic Square

Leigh

WN7 1DY

Therapy Lead: Adele Davies/Victoria Cannon



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