Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Jean Heyes Reablement Unit (JHRU)

Version number: **1**
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Patient Information

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Introduction

Jean Heyes Reablement Unit is a 24 bedded unit providing Intermediate Care based on Leigh Infirmary site. The layout of the Unit consists of bays ranging from 2 to 4 beds with shared bathroom facilities in each, and 4 side rooms with ensuite bathrooms.

We have a large communal lounge where activities regularly take place and a dining area where you will be encouraged to have your meals. We also have access to a large courtyard garden area.

We are a multi-professional rehabilitation team who work together to ensure that you return to being as independent as possible in your daily life.

Whilst on the Unit you will receive support from Physiotherapists, Occupational Therapists, Rehabilitation Practitioners, Care Support Workers, Registered Nurses and other visiting specialist services, such as Podiatry.

Rehabilitation can be both physical exercises and cognitive ‘thinking’ exercises. Some people require more rehabilitation than others and you will all be treated as individuals.

People can stay on the Unit for a short period of rehabilitation to improve their level of function.

Your length of stay will depend on your goals and engagement until you are at a point that you can return to your usual place of residence.

Aims

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

- Walking
- Getting on and off the bed/chair/toilet
- Washing and dressing
- Drink and meal preparation
- Getting in and out of the house
- Taking part in interests and hobbies
- Accessing the local community

What to expect

You will be assessed in order to identify any difficulties that you are currently experiencing.

During this assessment period, you will be supported in the completion of a Rehabilitation Passport, which aims to ensure that we fully understand your individual preferences, needs and goals. This will be kept at your bedside, so that you and any significant people in your life have access at all times.

The multi-professional team will make recommendations about the most appropriate rehabilitation plans with your agreement. A rehabilitation programme will then be developed with you. The programme can include tasks/exercises to do independently or alongside the rehabilitation team.

Please note that you will not be seen by a Physiotherapist or Occupational Therapist every day.Your goals and rehabilitation programme will be reviewed and updated on a regular basis.

If ongoing rehabilitation needs are identified, you will be referred onto one of our community teams on discharge from the Unit.

Rehabilitation Programme

A rehabilitation programme will be agreed with you and may include:

- Practice of day to day activities
- Provision of walking aids
- Exercises for strength, movement and balance
- Provision of equipment to assist in the rehabilitation programme
- Advice and education

All staff will aim to promote the abilities you gain through the rehabilitation process.

It is important that some rehabilitation plans are completed independently, however we do also welcome support of significant other people in your life, as we recognise this may offer additional benefit.

What to bring

We support the ‘End PJ Paralysis’ campaign, which encourages patients to get up, dressed and moving so please bring clothing for both day and night.

Other useful items to bring with you are:

- Flat shoes or sturdy slippers
- Toiletries
- A key for your house in case we need to visit your home in order to prepare for your discharge

Contact details

Telephone: **0300 707 4511**

Address:

Jean Heyes Reablement Unit

Leigh Infirmary

The Avenue

Leigh

WN7 1HS

Unit Manager: Nicola Dawber

Therapy Lead: Vicki Robinson



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