Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Wigan Intermediate Care at Home Therapy Service

Version number: **1**
Last modified date: **12th November 2026**

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Patient Information

Intermediate Care at Home Team

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What is Intermediate Care Therapy at Home?

Intermediate Care Therapy at Home service is a community-based therapy service which provides short term therapy interventions in patients' own homes, to help individuals regain their independence following a period of ill health or injury.

The service:

We are a multiprofessional rehabilitation team who work together with other community health and social care teams to support your recovery and independence. The team consists of:

- Physiotherapists
- Occupational Therapists
- Rehabilitation Practitioners
- Rehabilitation Assistants

The service currently works Monday – Friday.

You will not necessarily see a registered therapist, as much of your rehabilitation plan may be delivered by the Rehabilitation Practitioners and Rehabilitation Assistants.

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

- Personal care
- Meal preparation
- Walking practice
- Getting on/off the bed/chair/toilet
- Getting in/out of the house.

What to Expect from the Intermediate Care Therapy at Home Service:

- **Initial Assessment:** The team will contact you to make an appointment to complete an initial assessment at home. The assessment will identify difficulties you are having with your day to day activities, and how we can support you to manage them.
- **Goal Setting:** Clear, meaningful and realistic goals will be discussed and agreed between the patient and therapy team.
- **Rehabilitation plan:** A personalised rehabilitation plan will be set up to help you meet your goals. This may include:
- Provision of walking aids
- Practice with day to day activites
- Exercises for strength, balance and movement.

- Advice and education
- Provision of equipment to assist with the plan
- **Regular Reviews:** Your progress will be reviewed and discussed with you on a regular basis.

The number and frequency of therapy visits will be based on need, varying from patient to patient.

What We Expect from You:

- **Active Participation:** Fully engage in assessments and treatment planning.
- **Commitment to Therapy:** Participate in the agreed rehabilitation plan to support your rehabilitation at home.
- **Communication:** Please discuss with the therapy team if you have concerns with any aspect of your rehabilitation plan.

We want to help you reach your full potential.

What to Expect when you are discharged from the Service:

- Your discharge from the service will be discussed and planned in relation to your therapy goals throughout your treatment.
- Your discharge plan may include onward referrals to other health and social care teams to support your ongoing recovery.
- **Feedback:** Therapists will provide a feedback form and welcome your honest feedback on the service you have received.

Contact Information

For any queries, please do not hesitate to contact our team at **0300 707 1256.**

Our team is dedicated to assisting you. If we are unable to take your call, please leave your name and contact number. We will return your call as soon as possible.



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