

EXAMPLE COPY

# Warwickshire Community Recovery Service



Warwickshire  
Health and  
Wellbeing

## What is the Community Recovery Service?

- A **free**, short term support service, for **up to 6 weeks**, to enable you to return home confidently from hospital following your treatment or an accident, injury or illness.
- The service will support you with a blend of home care and/or therapy input to support your recovery and help you to manage independently or reduce your care needs. As a multi-disciplinary team, therapists and home care staff work together to assist you to maximise your level of independence.
- The service is designed to offer you daily care support so you can remain at home during this period of your recovery.
- The length of the service you receive will be dependent on your needs.
- After this period, if you need ongoing care and support at home, your needs will be assessed by a health or social care practitioner and further support put in place. **You may have to pay a contribution towards this service.**

## What happens when you are at home?

The short-term service will comprise initially of up to 2 care workers from an independent home care provider, visiting you at home up to four times daily.

The support you receive may increase or decrease during the period of time that you are with the Community Recovery Service, depending on your individual support requirements.

The carers will support you with your daily living tasks, that may include:

- Support with moving around your home
- Support with your personal care (washing, accessing the toilet)
- Support with dressing/undressing
- Support with preparing meals

The carers will be asked to record how you have managed throughout this period. This will enable teams to review your progress and recovery.

Once you are home, a member of the Community Recovery Service Therapy team will carry out an assessment of your therapy needs; this may be completed through a paper screen, telephone call or a face-to-face home visit.

If you do not have any therapy needs, you will continue to be supported in your recovery by home care workers.

If you do have therapy needs, you will be contacted and a home assessment will be arranged with one of our therapy staff, this team consists of:

- Occupational Therapists to assist you in regaining your independence at home and local environment.
- Physiotherapists to help you to regain your movement, strength, and mobility.
- Assistant Practitioners/Therapy Assistants to help you in achieving to set goals.

### **What to expect from the therapy team:**

- An assessment of your needs by discussion, observation, and examination.
- Joint setting of your goals which will be shared with your home carers.
- A time limited course of treatment to reach set goals (up to 6 weeks).
- Individualised exercises or tasks to complete on your own, with support and/or with home care staff.
- Provision of required equipment to help you mobilise.
- A regular review of your progress.
- Onward referrals as agreed with you and signposting to other services as needed.

You may exit the Community Recovery Service at any time during the 6 weeks. This may be when you have been assessed as having no further therapy needs, or care and support needs, or you have returned to your previous level of independence.

### **What may happen after your initial recovery period?**

Should you have ongoing support needs after your time with the Community Recovery Service this will be discussed with you:

- You will have the opportunity to link in with local voluntary groups in your area to support you with your ongoing needs.
- Your case may be referred for a long-term support service and this may be provided by an alternative home care organisation and not the organisation that has been providing the Community Recovery Service to you.
- An assessment of your needs by social care or health, and a financial assessment, may be completed.
- If you have ongoing therapy or health needs, you will be referred onto the appropriate NHS health service.

## Next steps

If you want to return home and continue to work on your recovery with the Community Recovery Service, please confirm the following:

- I have received an explanation of the short-term Community Recovery Service and agree to this referral and participating in my therapy and a review regarding my progress.
- I understand that I may receive a service from home care and/ or therapy and the frequency of input I receive will depend on my individual support requirements.
- I understand that the Community Recovery Service is free at the point of delivery and that I may have to pay towards any ongoing services or support I receive after this time.
- I understand that this is a short-term service of UP TO 6 weeks. I may exit this pathway at any point with no support needs or long-term support needs that will be provided by a home care agency.
- I understand this short-term service will involve collecting and sharing confidential information between Health and Social Care partners and other key providers such as Home Care.

### Signed by customer/representative

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Customer/representative: \_\_\_\_\_

Date: \_\_\_\_\_

### Useful information

Care Provider Name: \_\_\_\_\_

Care Provider Telephone Number: \_\_\_\_\_