



The Rehabilitation Unit



The Wellington Hospital is a 266 bedded acute and rehabilitation facility located in North West London within close proximity to Harley Street and Regents Park and is the UK's largest purpose built facility. The Wellington Hospital is a first class hospital, providing outstanding medical care which has earned an international reputation for excellence.



Working together to get you back to the business of living your life.

The Rehabilitation Unit has forty five individual patient rooms, extensive therapy areas, a hydrotherapy pool and is dedicated to providing the highest standard of care. All patient rooms have been designed to meet the needs of the disabled individual. We are able to provide for a wide range of rehabilitation services with the main focus on neurological conditions such as head injuries, spinal cord injuries, strokes and other life-changing events requiring intensive rehabilitation.

Whenever possible, patients who are referred to the rehabilitation unit are assessed by the Rehabilitation Advisor prior to admission. During the assessment the Rehabilitation Advisor can determine the patient's individual needs and provide information relating to the rehabilitation unit. This enables us to provide a seamless transfer into the unit.

Each patient is treated by an interdisciplinary team of experts whose aim is to facilitate patients in achieving optimal recovery and emotional well-being in order to improve their quality of life. Our individualised rehabilitation programmes include education and training for our patients and their families appropriate to their particular communities and cultures.

It is important to note that the potential for rehabilitation is greatly enhanced when we are given the opportunity to start treatment as soon as a client's condition is medically stable.



The team approach

Our team of expert specialists ensures a consistent co-ordinated approach to recovery and includes:

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| Patient & Family | you are the most important members of the team. |
| Consultant | leading clinical specialists, in the patient's injury or illness. |
| Dietician | provides advice and education to patient, carer and clinician in regard to their nutritional needs. |
| Discharge Co-Ordinator | assists in arranging the patient's transfer of care. |
| Language Interpreter | ensures effective communication and information exchange. |
| Rehabilitation Advisor | available for pre-admission assessment. |
| Neuropsychologist | evaluates and treats neuropsychological impairment related to disability. |
| Occupational Therapist | assists people in regaining independence in daily living tasks and provides home environmental assessments where necessary. |
| Physiotherapist | provides skilled re-education of movement through therapeutic activity to achieve maximum potential. |
| Recreational Assistant | offers activities that provide stimulation and opportunities for social interaction. |
| Rehabilitation Nurse | provides support, assistance and education to facilitate the patient and their family in adapting to disability. |
| Resident Medical Officers | delivering 24 hour medical cover. |
| Speech & Language Therapist | helps to overcome communication and swallowing difficulties. |





Within one working day of admission the treating team meets with the patient and their family to establish and agree the therapy programme. Within four to five working days of admission all therapy assessments will have been completed and the team will discuss achievable patient centred goals. The goals are agreed with the patient/family and reviewed within a two week period. This ensures that progress is maintained and motivates everyone involved to reach the next goal.

Our team is particularly careful to include advice and education for the patient and their family on how to manage their condition and make the most of their potential after discharge from hospital. All team members are trained to create rehabilitation programmes that take account of the patient's psychological, cultural, spiritual and family background.

When planning for discharge from the rehabilitation unit the team will involve the patient/family in working out the most effective and smooth transition, whether to the patient's previous home or to a new environment.

Other Services

Whilst the focus of the unit is on neurological rehabilitation we also offer comprehensive programmes of therapy for patients suffering from other conditions such as lower limb amputation, post orthopaedic surgery and post critical illness.

Pain Management Programme

In addition to our rehabilitation service the unit offers a functional restoration programme for patients who suffer from chronic back pain. Patients are admitted to the unit for a period of two to three weeks. During their stay the patient will participate in a programme of therapies including physiotherapy, occupational therapy and clinical psychology with the aim of improving their quality of life, reducing the pain they experience and increasing their independence in daily living.

Out-patient treatment

All of the services provided for in-patients are available on an outpatient basis in accordance with each individual's needs.





Catering to individual tastes

As well as providing changing daily menus, our chefs will cater for vegetarian and other special diets. You may also consult our dietician who will recommend the dishes that are most appropriate for you.

Admission

For information and advice regarding admission please call the Rehabilitation Administration Office on 020 7586 2462

Insured patients

The Rehabilitation Unit has agreements with most UK medical insurance schemes. However, you should always check with your insurer before embarking on any form of medical treatment. Our pre-admission confirmation makes sure that the whole process is smooth and simple. We will tell you precisely what is included and what is additional to your cover.

For further information on our services

If you would like information on the full range of services provided in the rehabilitation unit, please call

Direct Line: 020 7586 2462

Main Switchboard: 020 7586 5959 ext 3448

Fax: 020 7586 2462

Website: www.thewellingtonrehabunit.com

For information or to make an appointment
please telephone us on
020 7586 2462

You may also Fax our department on
020 7586 2462

or email us on
rehabilitation.wellington@hcahealthcare.co.uk

Alternatively you can contact
The Wellington Hospital Enquiry Helpline on
020 7483 5148

The Wellington Hospital
Wellington Place
St. Johns Wood
London NW8 9LE

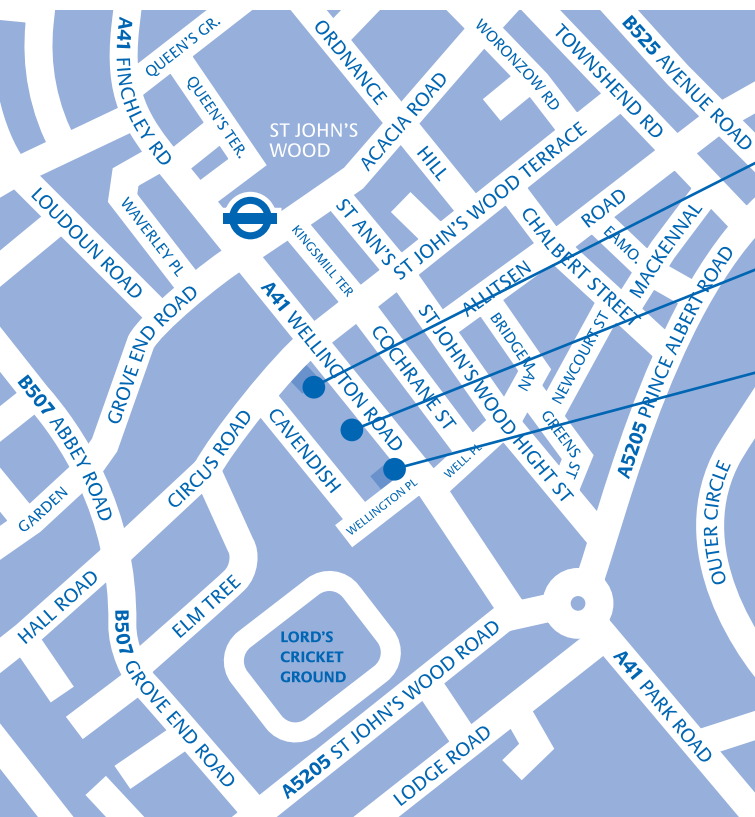
Tel 020 7586 5959

Fax 020 7586 1960

www.thewellingtonhospital.co.uk



HCA



The Wellington Hospital North

Wellington Central

The Wellington Hospital South

Nearest London Underground Station

St. John's Wood on the Jubilee Line.

Nearest NCP car park

Kingsmill Terrace.

On cricket free days, Lord's also offers parking facilities.

There are also parking meters in the streets surrounding the hospital.