



**Trafford Local
Care Organisation**

Leading local care, improving
lives in Trafford with you



Working to support those with
acquired brain injury and neurological
conditions in the Trafford Community

Community Neuro Rehabilitation Team

**Paediatric - Adult services transition
Patient information booklet**

Powered by


Manchester University
NHS Foundation Trust

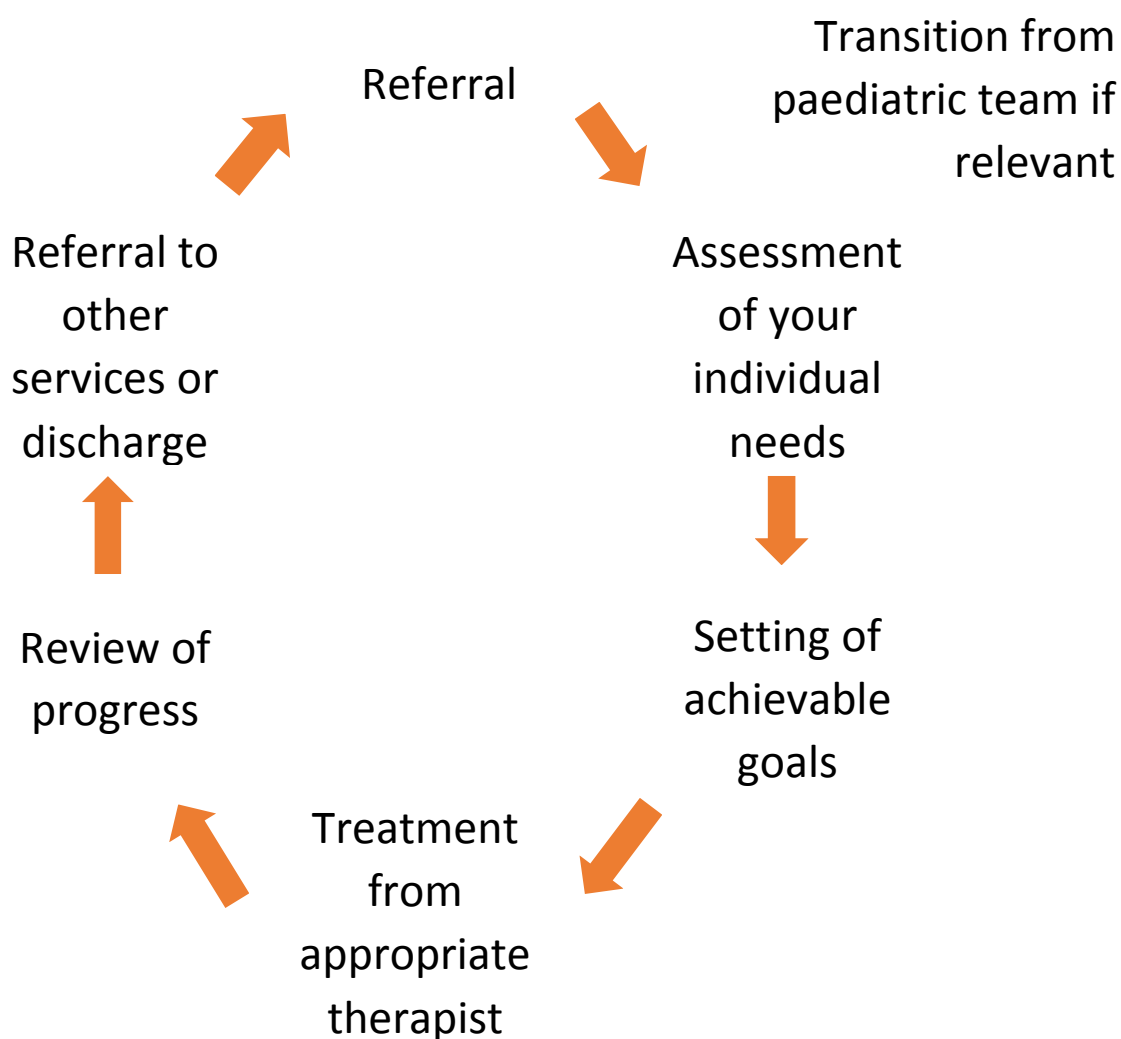


What is the Trafford Community Neuro Rehab Team?

You have been referred to the Trafford Community Neuro Rehab Team.

The Trafford Community Neuro Rehabilitation Team (CNRT) has been developed to provide rehabilitation in an integrated way. All members of the team have specialist training in the management of problems relation to brain injury and neurological conditions.

What will happen when I am referred?



What can I expect from the team?

- We will liaise with your paediatric therapists to arrange a joint meeting before you transition over to adult services.
- To work collaboratively with you to identify rehabilitation goals.
- To work with you to develop an appropriate treatment plan towards achieving your goals.

Goals

- Your goals may be around future independent living and moving into adulthood including working or volunteering.

What can the team expect from me?

- Attending all pre- arranged appointments. Missing or cancelling appointments without sufficient notice may result in discharge from the team (less than three working days notice, unless in cases of emergency or sudden illness.)
- Working towards my rehabilitation goals between sessions, as agreed in my therapy sessions.

Where will I be seen?

Clinics are offered in a range of setting across Trafford. Home visits can also be arranged where appropriate (i.e. when a person is housebound or when assessment within your home is required).

How long will I be seen for?

Input from the team is time-limited and will be offered in relation to an individual's rehabilitation potential and goals. Some people are seen only once per referral episode, whereas others will be seen by the team for several sessions, appropriate to their needs.

What are the aims of the CNRT?

- To work closely with you, your family and carers to set goals, review progress, and provide co-ordinated assessments and treatments within the community.
- To help you maintain, regain or improve physical, social and psychological wellbeing through comprehensive and integrated rehabilitation packages tailored to meet individual needs.
- To help you to function as independently as possible, whilst providing support to your carers and family during rehabilitation.

Who can be referred to this service?

Anyone over the age of 16 years with an acquired brain injury or neurological condition who needs specialist rehabilitation in the Trafford Community. You must not be receiving therapy from paediatric services. You must live in Trafford or be registered with a Trafford GP and have a neurological diagnosis.

Who is seen by the team?

Examples of different conditions our patients may have are:

- Acquired brain injury (ABI)
- Traumatic brain injury (TBI)
- Spinal Injury
- Brain Tumours
- Muscular dystrophy
- Cerebral Palsy (CP)
- Charcot Marie Tooth (CMT)



Who is in the team and what do they do?

Neuro Physiotherapy	Assess physical abilities and help to facilitate recovery and independence through movement, exercise, manual therapy, education and advice.
Neuro Occupational Therapy	Assess thinking skills and physical skills used in everyday life, work with you to solve problems, give advice and provide aids to promote safety and independence.
Clinical Neuropsychology	Assessment, strategies and intervention for difficulties with cognitive, emotional and behavioural functioning. Support to reduce psychological barriers preventing you achieving your rehab goals.
Speech and Language Therapy	Assess, treat and support those who have problems with speech, communication and swallowing.

Dietitian	Assess to prevent nutrition related problems and improve the health of those with specific dietary requirements.
Neuro rehabilitation nurse	Provide assessment, advice and support on neurological conditions and liaise as required with hospital staff, specialist nurses, district nurses and community support services.
Patient support worker	Assist healthcare professionals in delivery agreed therapy plans, including exercise programmes and relaxation packages.



Useful Contacts

Remember your GP remains a useful contact to seek advice.

Single Point of Access (SPOA) can be contacted on 0300 323 0303

This number can be used to contact a wide range of health services in Trafford including:

Bladder and Bowel

Specialist weight management

Podiatry

Pulmonary Rehabilitation

District nurses

Tissue Viability

Palliative care

Musculoskeletal

Trafford Social services: 0161 912 5199

Orthotics: 0161 746 2303

Trafford Carers Centre: 0161 848 2402

Disabled living centre: 0161 607 8200

Neuro muscular centre Winsford: 01606 860 911

Headway (The brain injury association): 0808 800 2244

BASIC (Brain and spinal injury charity- based in Salford): 0161 707 6441

Specialised ability centre (wheelchair & prosthetics services): 0161 998 7070

One stop resource centre (OSRC): 0161 716 4700/ 0845 299 0798

Contacting the team

If you would like to speak to us please call us on the below number. If there is no response please leave a voicemail and we will get back to you as soon as possible. Please note this may not always be on the same day.

Service available Monday- Friday from 8.30am – 4.30pm

- Tel: 0161 912 4141

Out of hours contact NHS 111.

Address

Trafford Community Neuro Rehabilitation Team
2nd Floor
Sale Waterside
Manchester
M33 7ZF

Website

www.mft.nhs.uk/community/trafford-services/

Other languages

This leaflet can be produced in other languages on request. We can also provide the information in other formats including Braille, large print and audio CD. Please contact us if you require help.

Compliments and complaints

The **Patient Advice and Liaison Service (PALS)** is a confidential service that provides help, advice and information for patients, families and carers. The team can also guide you around solving any issues you have or using the NHS complaints system if you feel you need to. General information and advice about local NHS services is also available from PALS.

- **Email:** pals@mft.nhs.uk
- **Telephone:** 0161 276 8686

This service is provided by Trafford Local Care Organisation (TLCO). TLCO is the organisation that provides NHS community health care and adult social care in the city. It is a public sector partnership organisation between the Manchester University NHS Foundation Trust and Trafford Council.

Find out more about TLCO at
www.mft.nhs.uk/community/trafford-services/