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| PRISCILLA WAKEFIELDPriscilla Wakefield is comprised of 112 self contained rooms where you may go if you continue to have nursing or medical needs. This is a short term option to provide you with nursing assistance until you are safe and ready to go home. **Further Assessment**If you have more complex needs and are unable to go home, a social worker will be able to assess you in hospital. S:\ST\ST\Comm\CXPRLXG\office\documents\Brand Refresh\New Logos\Haringey Logos 2\Haringey Logo\Screen\JPG\BS1995_Haringey_TapeType_RED_RGB.jpg |  |  |

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| Useful Contact Information:Carers FirstFree organization in Haringey to assist informal carers in the community. * [www.carersfirst.org.uk](http://www.carersfirst.org.uk)
* 0300 303 1555

Age UK Helpline * 0800 055 6112

Meals ServicesCommunity delivery meal services. * Grace – 0208 808 0718
* London Independent Living Service - 03333444806
* Cypriot Centre - 020 8881 2329

**Safe and Sound** Telecare facilities e.g. pendant alarms, falls alert, key safes. * 020 8489 2365

**Home Sweet Home**Short term assistant service.* 020 3535 4760
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| S:\ST\ST\Comm\CXPRLXG\office\documents\Brand Refresh\New Logos\Haringey Logos 2\Haringey Logo\Screen\JPG\BS1995_Haringey_TapeType_RED_RGB.jpg**HOSPITAL & REABLEMENT SERVICE**Empowering people in Haringey to achieve their goals, in order to maximise their choice, independence and quality of life. |
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**0208 489 1616****www.haringey.gov.uk** |
| Going home from Hospital – What happens?On your discharge an Occupational Therapist or Physiotherapist from the Reablement service will come to see you at home. This may be up to a week after you have been discharged. They will make sure you are safe, and discuss what support you need when you’re at home.The support you will have is based on your individual needs, your potential to improve and your motivation to participate.You will also be setting goals with the therapist from the first session. Carers and therapists will work with you to achieve these goals. What is Reablement?Reablement provides support to enable you to learn or relearn skills at home following illness or an operation, to help you get back to being independent. |  |  | Things that you might want to do yourself and improve on:Washing and dressingPreparing mealsGetting around and out of the houseHouse hold tasksGetting involved in social and community activities You will be encouraged to set goals and review your progress on a regular basisReablement can be provided for a few days or up to 6 weeks depending on your needs.What happens at the end of the service?If further support is required we will help you plan what level of support is required, and a financial assessment will be carried out. You may need to pay a contribution to long term care.What happens if you are not ready to come home, but do not still need to be in hospital?A discussion will be had about the safest and most suitable place for you to go. A few examples of alternative short term facilities are:  |  |  | **PROTHEROE HOUSE**At Protheroe House you will have access to enabling carers and a multi-disciplinary team in a bed based facility. They will support you to regain independence before you go home.**BRIDGES WARD**The Bridges Rehabilitation Unit is based at the Whittington Hospital. The Unit has excellent therapy facilities, including a large gym and a social activity area. They expect patients to participate in therapy to achieve goals set with the nurses and therapists. Here, you will receive specialist treatment at a level which cannot be provided in the community, or at home by your GP. You will be treated through a coordinated and comprehensive rehabilitation programme. Taking part in the programme will help you become more independent, for when you leave the Unit. Once your specialist care and treatment with us is complete you will be discharged with support, so you can continue your recovery in the community. |