

Assessment and Rehabilitation Centre service video transcript

0:00:00.960,0:00:07.200

We are the assessment and rehabilitation center often known as ARC. We are located

0:00:07.200,0:00:13.760

in Slough at Upton Hospital in Maidenhead at St. Mark's Hospital and at Bracknell Health

0:00:13.760,0:00:19.840

Space. We are a multi-disciplinary team often providing assessments and treatments to help

0:00:19.840,0:00:27.280

older adults stay active, safe, and independent. Our comprehensive geriatric assessments involve

0:00:27.280,0:00:34.320

looking at all aspects of your health including medical, physical and functional needs. We also

0:00:34.320,0:00:40.640

provide medical only assessments for people who are independent but may have symptoms of

0:00:40.640,0:00:49.280

an underlying medical problem. Our physiotherapy only appointments are focused on rehabilitation

0:00:49.280,0:00:56.800

and recovery after illness, injury or surgery.

We hold group exercise classes and one-to-one

0:00:56.800,0:01:02.960

physiotherapy sessions that are designed to improve strength, stability, and mobility. And

0:01:02.960,0:01:09.840

we also provide education about common causes of falls and practical tips to prevent them.

0:01:09.840,0:01:15.360

Walking aid assessments are also completed by physiotherapists to ensure your mobility

0:01:15.360,0:01:21.680

equipment is safe and suited to your needs. We don't offer home visits, so you must be able to

0:01:21.680,0:01:27.280

attend the appointment at the clinic. To access the service, you will need to be referred by your

0:01:27.280,0:01:33.920

GP or health care professional. Follow-up and ongoing discussions about your care or

0:01:33.920,0:01:41.200

investigation results are held either online or face to face. You can find more information about

0:01:41.200,0:01:48.960

the assessment and rehabilitation center and what we can offer on our web page.