

Intermediate Care Service video transcript

0:00:00.960,0:00:07.280

We are the intermediate care service. We are a multidisciplinary team made up of

0:00:07.280,0:00:13.280

occupational therapists, physiotherapists, and therapy assistants. Our service is available

0:00:13.280,0:00:21.520

to anyone aged over 18 who is registered with a GP in Reading West Berkshire or Wokingham.

0:00:21.520,0:00:27.600

We provide personalised therapy interventions in your home that will support an earlier discharge

0:00:27.600,0:00:35.440

from hospital or prevent you from having to go to hospital at all. To do this, we work closely with

0:00:35.440,0:00:42.880

other care pathways such as hospital discharge teams and your local authority. We can support

0:00:42.880,0:00:49.600

you if you are experiencing challenges with everyday activities such as personal care,

0:00:49.600,0:00:56.720

meal preparation, and mobility. During a visit, we will assess your current abilities and

0:00:56.720,0:01:03.280

identify areas where you may be experiencing difficulties. Based on this assessment,

0:01:03.280,0:01:09.600

we will work with you to develop a plan with clear, achievable goals aimed at promoting your

0:01:09.600,0:01:17.040

independence, safety, and functional recovery. The plan might include supplying you with equipment

0:01:17.040,0:01:24.960

to support daily tasks, rehabilitation strategies to help you regain lost skills and confidence,

0:01:24.960,0:01:31.360

and a tailored strength and balance space exercise program. We will also discuss the

0:01:31.360,0:01:37.040

next steps in your rehabilitation. To access our service, you will need to be referred

0:01:37.040,0:01:45.200

through your GP or health care professionals. We do not accept self-referrals. You can find

0:01:45.200,0:01:52.000

more information about the intermediate care service and what we offer on our web page.