

Intensive Community Rehabilitation Service video transcript

0:00:01.040,0:00:08.400

We are the intensive community rehabilitation service also known as ICR. We are a team of

0:00:08.400,0:00:15.280

physios, nurses and multi therapy assistants based at Upton Hospital in Slough. We provide

0:00:15.280,0:00:21.920

services across Slough, Windsor and Maidenhead. We work closely with other health and social care

0:00:21.920,0:00:27.280

professionals to support your rehabilitation journey if you're having difficulties with

0:00:27.280,0:00:33.280

your mobility and everyday activities, following an illness, surgery, or injury.

0:00:33.280,0:00:39.040

We offer a home rehabilitation for up to two weeks to support your recovery, build strength,

0:00:39.040,0:00:45.040

and help you regain independence and confidence. To access our service, you need to be registered

0:00:45.040,0:00:50.800

with an East Park Berkshire GP and referred by

the hospital team or a healthcare professional

0:00:50.800,0:00:56.160

involved in your treatment and care.

We currently do not accept self-referrals.

0:00:56.160,0:01:01.040

After we receive your referral, our team will contact you to arrange a physio and

0:01:01.040,0:01:06.960

nursing assessment and then we will work with you to develop goals and design a personalised

0:01:06.960,0:01:13.600

rehabilitation program. This may include guided exercise sessions, practical strategies to make

0:01:13.600,0:01:20.080

everyday activities easier, and advice or support with equipment to help you manage safely at home.

0:01:20.080,0:01:24.560

We provide all of this in the comfort of your home, helping you build independence

0:01:24.560,0:01:30.160

while practicing daily activities in the environment you're most familiar with. Once

0:01:30.160,0:01:36.160

your rehabilitation program is complete, if we think you need further support, we will signpost

0:01:36.160,0:01:42.480

you to the most appropriate service to continue your rehab program. You will find more information

0:01:42.480,0:01:48.640

about the intensive community rehabilitation
service and what we offer on our web page.