

What kind of goals will be set?

We will work with you to set your own short and long-term goals, so you know what we are aiming for.

These goals are unique for each person; for some it may be making a cup of tea, whilst for others it may be returning to work.

What if I need extra help?

It may be that during this assessment it becomes clear you may benefit from onward referrals to other teams, for example, Social Services.

Sometimes, if appropriate, we will work with your family, carers, General Practitioner or other people involved in your care to ensure the best possible outcome for you.

Any onward referrals will only be completed with your knowledge and consent.

Will my progress be reviewed?

Your progress will be reviewed regularly.

We will give you open and honest feedback about this.

The service provides training and professional development placements. The work of all assistants and students is closely supervised by a qualified member of staff.

Useful information

You can contact us at:

Independent Living Centre
Collier Street
Runcorn. WA7 1HB

Telephone: 01928 582948

Email address:

bchft.haltonneurorehab@nhs.net

Website:

<https://bridgewater.nhs.uk/haltonsthelens/neurologicalrehabitationservice/>

We are open Monday to Friday 9am to 5pm

An answerphone is available outside these hours.

Other Useful contact numbers

NHS Direct: 111
Social Services: 0303 333 4300 Halton BC
Samaritans: 0845 790 9090
Emergency Services: 999

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.



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**Bridgewater
Community Healthcare**
NHS Foundation Trust

**Halton Community Neurological
Rehabilitation Service**



Quality first and foremost

What is the Halton Community Neurological Rehabilitation Service?

The Halton Community Neurological Rehabilitation Service is a community-based team of specialist healthcare staff.

We provide assessments, advice, and support to help people who have rehabilitation needs to live as safely and independently as possible.

Our team is made up of:

- Clinical Psychology/Neuropsychology
- Occupational Therapy
- Physiotherapy.

The team also has close links with:

- Parkinson's Nurse
- Speech and Language Therapists (SALT)
- Stroke Nurses
- Mental Health Services
- Social Services.

What conditions do you treat?

We treat conditions such as:

- Head Injuries
- Stroke
- Long term neurological conditions.

What services do you provide?

We provide specialist assessment and treatment / management of the following:

- Cognitive skills such as memory, problem solving
- Physical skills such as mobility and hand function
- Functional skills such as cooking, bathing
- Emotional needs such as anxiety, low mood
- Behavioural issues such as anger, impulsivity.

How can I access the service?

You will need to be referred by a healthcare professional.

To be accepted for rehabilitation you must:

- Be registered with a General Practitioner in the Halton area
- Be over the age of 18
- Have an identified active neuro rehabilitation goal.

What happens when you receive the referral?

We may need to request further information regarding your medical history and current medical/rehabilitation needs. Please inform us if you are not happy with this. Any information we keep will be in the strictest confidence.

We will send you an appointment letter with the date and time of your appointment. If you cannot make the appointment, you can call and rearrange.

Where will the appointment take place?

Appointments often take place in the home or place of residence. However, if appropriate, appointments may be held at our base or in a local community centre.

What can I expect at the first appointment?

We will meet with you so that we can understand better what you are able to do, what you struggle with, what your needs are and how all this is affecting your life.

We will carry out an assessment. This may be carried out by one or more members of the team. We will discuss options of support and rehabilitation with you to help you fulfill your full potential.

We will encourage you to set your own goals and work towards them in small, realistic, and achievable steps. We will discuss and agree a treatment plan with you.

How will the treatment plan help?

The treatment plan will help you to manage things you might be struggling with. This can include helping with doing things around the house, physical mobility/transfers, specialist equipment and memory problems or coping better with your feelings and emotions.

The plan may involve one or more healthcare professionals' working together.