

## Peartree House Rehabilitation

### Welcome to Peartree House

Peartree House specialises in providing services to people who have sustained an acquired brain injury. The unit provides both assessment and treatment and aims to enable clients to maximise their skills and abilities. Peartree House has a track record of successfully rehabilitating clients, which includes returning to independent community based living. The process of rehabilitation is client centred with the aim being to enhance independence, which will lead to a fulfilled life.

Rehabilitation can be offered through:-

Medium to long stay – based on the clients need and extent of rehabilitation required.

Short stay – to assess and improve specifically identified rehabilitation goals.

Respite care

Integrated slow stream rehabilitation

The Grade II listed building, with recent extensions and comfortable well maintained surroundings, has been upgraded and imaginatively refurbished to an impressive high standard. There are separate recreational areas, excellent occupational therapy facilities and a well equipped physiotherapy department. Peartree House accommodates 32 clients within the main house. There is an annexe which has been specifically furnished for semi-independent living. The 4 individually designed bed sitting rooms are tastefully decorated with their own nurse call system. Adjacent bungalows, provide semi-independent living for a further 8 persons. There is an extensive garden surrounding the house which is used for quiet relaxation by both clients and relatives.

Visitors are always welcome and relatives are encouraged to participate in case conferences, the development of care plans and therapy sessions. Our team approach enables families to get to know all members of staff, who are closely involved with the care of their relative. The chef at Peartree House pays particular attention to good, well presented, fresh food, menus are regularly reviewed with the clients and special diets are easily catered for.

I have enclosed a brochure which includes a summary of the “Path to Rehabilitation” with details of the therapy teams at Peartree House. I would be more than pleased to discuss any questions with you and arrange for you to visit Peartree House - please telephone me: 023 8044 8168.

Yours sincerely,

Alistair Macnaughton RN  
General Manager

# The Path to Rehabilitation



**Peartree House** is an Acquired Brain Injury Rehabilitation Centre in Southampton that offers each individual their own unique rehabilitation programme. These programmes are specifically designed to identify and meet the needs of each person.

Peartree House has a Multi-disciplinary team of qualified nurses and professional therapists who assess and continually monitor each individual, enabling them to fulfil their maximum potential and improve their quality of life.

## ■ First step:

### Assessment

An appropriate team, including at least one qualified nurse and a therapy specialist, will visit each individual and their medical team, to assess their needs.

An appropriate contract is then discussed with the relevant funding agencies. Once agreement has been reached with the funding agencies, the treatment needs are agreed with each individual (where appropriate) and their relatives.

## ■ ■ Second step:

### Individual Rehabilitation Programme

A rehabilitation programme is prepared to meet the functional and personal goals specific to each individual. Care planning meetings are arranged with each individual resulting in the design of short and long-term care plans, which are reviewed regularly.

The care plan constantly monitors improvements in deficits and as a result the individual regains confidence and learns to cope with areas of disability. Families are encouraged to participate in this process. Reviews are held at strategic times to enable overall progress to be monitored and to agree a plan for the future.

## Next Steps



### **The Team:**

A multi-disciplinary team approach enables each member to contribute their individual specialist skills and work closely together to ensure that the targets are realistic and regularly reviewed. The team co-ordinate the programme and liaise closely with each individual and their family throughout their stay.

- ❑ **Emeritus Professor Lindsay McLellan:**
- ❑ **Consultant in Rehabilitation Medicine:**

Very experienced in brain injury, Professor McLellan is able to provide input and give an overview to ensure that the medical, therapeutic and social aspects of rehabilitation are co-ordinated in an effective manner.

- ❑ **Dr Richard Maddicks**
- ❑ **Consultant Clinical Neuro-Psychologist**

The aim of the psychology department at Peartree House is to address the emotional and psychological needs of individuals who have acquired brain injury. This includes assessing their behaviour and their cognitive functioning: memory, concentration, and executive skills. The psychology department also assist the rehabilitation team to develop the skills and abilities of each individual. This can be achieved through a one-to-one with each individual and also by developing behavioural programmes with the multi-disciplinary team.

The ultimate aim of a psychological approach is to optimise the cognitive and behavioural function of each individual in order to facilitate their process of rehabilitation. This approach utilises a process of cognitive and behavioural assessment followed by established therapeutic interventions designed to enhance mood state, modify challenging behaviour and improve cognitive functions such as memory, concentration, problem solving and speed of thinking.

The psychological approach is evidence-based in its orientation, but emphasises empowerment of the individual to achieve his or her own future direction.

□ **Occupational Therapy Department:**

Occupational Therapy develops individual skills to cope with the normal activities of daily living - with assessment and development of cognitive and perceptual functions such as planning, sequencing and memory. An integral part of the rehabilitation process is to achieve goals and make the transition to community living.

We assess an individual's physical, cognitive, behavioural and social needs following a trauma - we establish an individual's potential for regaining skills in activities of daily living including personal care, meal preparation, cognitive retraining and accessing community resources to pursue training, work opportunities and leisure interests to provide a better quality of life.

Occupational therapy intervention may occur at a number of levels: enabling and empowering individuals or groups to acquire appropriate skills independently; to provide structured practical opportunities in a relevant and realistic context; to encourage a team approach; and to encourage other members of the team to participate in groups.

□ **Physiotherapy Department:**

The physiotherapy department addresses the physical needs of each individual by maximising the ranges of movement and strength of muscles, and assists individuals in becoming independently mobile, whether that is in a wheel chair, or walking with or without a walking aid. Treatment is focused on increasing balance, co-ordination and mobility, as well as preventing secondary complications such as contractures brought about by disuse of limbs.

During an individual's rehabilitation, the physiotherapy department work closely with other departments, to ensure that there is a coordinated approach to treatment and any improvements made in their physical abilities are transferred as they improve functionally.

□ **Nursing Department:**

A dedicated nursing team operates 24 hours a day to ensure that a high standard of care is delivered. The nursing team is led by qualified and experienced nurses who are encouraged to develop their skills further through on-going training. The nursing team is responsible for the dispensing of medicines and carefully monitor self-medication. The team oversee the rehabilitation assistants and as part of their duties provide an essential link between each individual and their relatives.

Medical cover is provided through the local General Practice. A GP attached to Peartree House conducts twice-weekly rounds with the senior nurse and there is 24-hour emergency medical cover.

□ **Speech and Language Therapy:**

This team works closely with the nursing staff by encouraging therapeutic activities outside specific therapy sessions, to address and improve the communication and swallowing difficulties through:

- Direct therapy, usually on a one-to-one basis to achieve a specific target or indirect therapy within a group session to encourage carryover of therapy strategies.
- Consultation with appropriate members of staff to maximise and maintain the individual's communication and / or swallowing status.
- Working within the multi-disciplinary team, to allow techniques to be consistently used by all members of the rehabilitation team.

□ **Dietician**

Food and eating are important to most people. Many people with brain injury have special dietary requirements and it is important that these are addressed to prevent malnutrition.

A Dietician visits Peartree House one day a week.

On admission, all clients receive a nutrition assessment and a plan is developed to meet their nutritional requirements. This is discussed with clients and their family and implemented in conjunction with other health professionals and the catering department.

Clients are reviewed on a regular basis and nutrition is always included in clients' progress reports.

The dietician also provides training for staff on food and nutrition, liaises with the chefs regarding menus and special diets and works with other therapists where food is part of the clients rehabilitation programme.

□ **Educationalist:**

An educational input is offered at Peartree House and we believe that each individual is entitled to a learning environment which matches their specific requirements.

One to one sessions and group sessions are offered. Motivation is particularly important for individuals who experience a number of barriers to learning. We prioritise the need to find an approach that suits their learning style, often learning in context and connected to areas of personal interest. Literacy and numeracy skills are integrated in a functional and practical way by introducing them to activities of every day living. This approach aims to reduce the emotional barriers to learning and provide a more beneficial way of learning.

□ **Activities:**

Peartree House believes that many activities are therapeutic and we include amongst other things computer literacy, living skills, art, gardening and crafts. These are just a few examples of the many creative activities that are put into practice at the centre on a regular basis.

The team also ensure that there is a link to the local community activities, including the local church. We also believe that activities should be available in the evenings and at weekends.

## Satellite Housing



### Rehabilitation a Step Further:

- The Multi-disciplinary team act as a resource for information and advice for individuals, families, other professionals and outside agencies, when clients are preparing for a move from Peartree House to our transitional living units, or to appropriate accommodation in the community.
- Transitional care is an important part of the Peartree House programme. The four Transitional Studio Apartments have been specifically furnished to help adjustment to an individual living environment as a possible step to reintegrate into the community.
- The Studio Apartments contain a bed-sitting room with toilet facilities, a specially equipped walk-in shower and an en-suite kitchen/ diner.
- As the accommodation is within the grounds of Peartree House, both on-going care and treatment facilities remain close to hand.



As a further step on from the Transitional Studio Apartments there are several two-bedroom Bungalows, adjacent to Peartree House, which have been converted to provide an opportunity for a more independent living environment before a move out into the community can be considered.

Specially designed, the bungalows have two bedrooms, a large living area, a separate kitchen and a large specially adapted bathroom / toilet suite. The proximity of the bungalows to Peartree House allows:

- Dedicated staff cover or twenty-four hour monitoring and supervision through the use of nurse calls, fire alarms and intruder alarms, if required.
- Nursing and therapeutic services as appropriate.
- Opportunities to join in activities organised by Peartree House such as outings, events and holidays.
- Day care in Peartree House.
- On-going assessment and project planning for educational and vocational opportunities in the community.

## Other Services



### **Respite Care:**

Peartree House offers the opportunity for families to take a break from long-term care of their relatives by offering short-term respite care. It is well recognised that long-term care of relatives can be extremely tiring and stressful for families and carers.

The availability of the first-class facilities and nursing care provided by Peartree House allows carers to enjoy a rest in the full knowledge that their relative is being well cared for within a rehabilitation environment.

### **Day Care:**

Individuals who have responded positively to the programmes at Peartree House, and are living in the community, the Studio Apartments or the transitional living bungalows, are encouraged to maintain their progress by attending specific day care programmes at Peartree House.