



Rehabilitation and YOU

A guide to rehabilitation services in Scotland



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Jacqui Lunday

Chief Health Professions Officer, Scottish Executive

A personal message from the Chief Health Professions Officer

Scotland's adult Rehabilitation Framework, *Co-ordinated, Integrated and Fit for Purpose*, was launched by the Deputy Minister for Health and Deputy Minister for Education in February 2007.

It sets out an exciting vision for rehabilitation services in Scotland in which the individual needs of people getting rehabilitation treatment, their families and carers are at the centre.

We spoke to lots of people who use rehabilitation services, families and carers as we developed the framework. They told us they liked their current rehabilitation services, but wanted improvements. For instance, they told us they wanted:

- rehabilitation treatment that directly meets their needs
- treatment given closer to their homes
- easier access to treatment
- better communication between professionals about their treatment
- better 'joining up' of different bits of the service

- a bigger say in what happens to them
- better support for people to get back to work after illness or injury.

When people need to go to hospital for rehabilitation, they want to get admitted quickly, get the treatment they need, and get back home as soon as possible.

Most important, people want rehabilitation teams to treat them as equal partners when making treatment decisions.

The Rehabilitation Framework will help teams to fulfil these wishes.

This booklet explains what you can expect from your rehabilitation team should you or a family member ever need rehabilitation treatment. I recommend that you use the booklet as a starting point for speaking to the rehabilitation team about what your treatment will mean for you.

A handwritten signature in black ink, reading "Jacqui Kirby". The signature is written in a cursive style with a large, sweeping initial 'J' and a long horizontal stroke at the end.

What is rehabilitation about?

Illness can strike at any time of life. For many of us, it will come and go, leaving no bad effects. But for others, longer-term illness with physical and/or mental problems might be the result.

Rehabilitation services support people in their recovery from illness or injury, helping them to return to work or education or even just to take part in normal everyday activities again.

People with a wide range of health problems need rehabilitation services. They may, for instance, face challenges with their:

- bones and joints
- heart and lungs
- eyesight, hearing and talking
- ability to walk and carry out everyday activities
- mental health.

There is a special need for rehabilitation services for older people who have one or more physical or mental health problems on a long-term basis. And younger adults who have been off work due to injury or illness for prolonged periods will also need rehabilitation to help them get back into work.

Whatever their circumstances, people need rehabilitation treatment that is specially aimed at meeting their individual needs.





Rehabilitation is...

about helping people:

- get back to their normal activities after illness or injury
- adapt to changed physical and/or mental circumstances
- meet their full potential
- learn how to look after themselves to the best of their ability
- enjoy life to the full.

And it's about helping family and carers:

- adjust to their family member's changed physical and/or mental circumstances
- get involved in their family member's treatment to the extent they wish or are able to
- get best advice and help for their family member and themselves
- access any benefits and support due to them
- share a fulfilling and enjoyable life with their family members.

Rehabilitation involves...

individuals using services, families, carers and professionals working as a team. You or your family member will be offered a wide range of rehabilitation treatments to meet your individual needs. These can include:

- exercises to build muscle and bone strength
- advice and support in carrying out everyday activities like washing, dressing and eating
- education in how to overcome or live with changed physical and/or mental circumstances
- support to develop a positive outlook for the future.

You or your family member can get these treatments in different places, such as:

- your own home
- general or specialist hospitals
- GP surgeries
- local leisure facilities
- rehabilitation centres
- day hospitals
- community pharmacies.





Rehabilitation services are provided by...

a wide range of professionals, volunteers, people using services and carers.
A typical rehabilitation team will include:

- physiotherapists
- occupational therapists
- speech and language therapists
- social workers
- podiatrists
- doctors and nurses
- dieticians
- pharmacists
- psychologists.

All of these professionals will work with you and your family and carers to make sure you get the best individualised treatment from the right person, in the right place, at the right time.

Rehabilitation services will...

give you access to the best individual treatment as described in the Rehabilitation Framework, which sets the standard of care you can expect from services.

It means you will be able to:

- get treatment that is specially planned to meet your individual needs
- have your treatment close to your home whenever possible
- get access to treatment easily, and sometimes without having to see your GP first
- be seen by trained and skilled rehabilitation teams
- get information and advice about your condition and the community support that might help you
- be treated with courtesy and respect
- be seen as a partner in the treatment programme.



Rehabilitation and YOU...

Rehabilitation services are YOUR services. Your voice counts, and your opinions matter. And it is YOUR needs that direct how and what treatment is given.

The rehabilitation team will do everything they can to set you in the right direction to recover from illness or injury. The chances of best possible recovery are hugely increased when the rehabilitation team, you, your family and carers work together in common purpose.

You should let the team know your wants and needs at every step of the way. This will help them to make sure the treatment you get is the right one for you.



Want to find out more?

You can read the whole Rehabilitation Framework at: www.scotland.gov.uk



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