Transition to community

- Once you have been transitioned from the CBRT, you and your G.P. will be sent a summary of the care you have received . The report letter will include any advice to you or your GP as well as any follow-up that has been arranged.

- Clients of CBR may be sent a form asking you for feedback about the service

- Remember CBRT is only a small part of the rehabilitation process and we believe that our service is only a part of the journey towards meeting your goals.

CBRT

Adult Rehabilitation & Health of Older People

Pamphlet No. 6	Last Updated: 1 July 2010	Department: CBR team
Counties Manukau District Health Board		

The Code of Rights
Means that you should have

1. Respect and Privacy
2. Fair Treatment
3. Dignity and Independence
4. Proper Standards
5. Effective communication
6. Information
7. Your choices and Decisions
8. Support
9. Rights during teaching & research
10. Your complaints taken seriously

If you are unhappy **OR** happy about any aspect of the service you are or have been receiving, you may speak to the team member, or the coordinator, **OR** the :

Service Manager, AT & R Service, Middlemore Hospital
Ph 276 0000
OR

The Health Advocates service can be contacted on **0800 555 050**

This will in no way have an adverse effect on the care you receive.
We also welcome positive feedback!

Community Based Rehabilitation

Rehabilitation in your environment, helping you do the things that are important to you

Private Bag 93311
Otahuhu
Auckland
Phone 276 0044 Ext 8659
Coordinator cell phone 021 469 534
Fax 270 4751
www.healthpoint.co.nz

COUNTIES MANUKAU DISTRICT HEALTH BOARD
A Community Partnership

What is community based rehabilitation (CBR) ?

When you return home you might still have problems with being able to do things for yourself and have problems with moving about or thinking or feeling.

Our service has been developed to assist you with relearning old, and developing new, skills that maximize independence and quality of life, in your own environment.

CBR includes:

- A process of helping you to set goals to do the activities that are important to you, for instance to be able to go to church or to be able to walk the dog.
- An interdisciplinary client centered approach to assist you in meeting your goals. You (and your family/ whanau) are the most important member(s) of the team.
- Development of an individualized, day to day rehabilitation programme to suit you and your needs which will assist you to work towards your goals.

Attention from the CBR team which

- Includes a doctor, physiotherapist, nurse, occupational therapist, dietitian, speech/language therapist, social worker, clinical psychologist and rehabilitation assistants.
- Provision of equipment, services, and support to encourage your independence.

Liaison with other relevant services who help with stroke rehabilitation eg. G.P., practice nurses, district nurses, cultural support agencies, Stroke Foundation and other rehabilitation providers.

Questions:

How long can I expect the CBRT rehabilitation to take?

Generally between 2-8 weeks depending on your needs. In our experience our service forms part of the journey towards reaching your goals.

How often will I see the CBR team?

Initially you can expect therapy up to 1-3 times per week, this will reduce as your need for therapy reduces.

Will I still need to come to the hospital?

Most of your rehabilitation will happen in your own community, some services will occur in a clinic setting.

Important messages:

Appointments:

Team members will make appointments with you. If something happens, and you won't be at home, **it is very important** you let us know, **please phone or text us before 9.00 am** so we can make another time.

If you no longer require our service it is important you let us know. Should you have any queries or concerns please feel free to contact us & we will be happy to discuss any issues with you. If necessary, your G.P can re– refer you back to the service at a later date.

Teaching Service

We are a teaching service, from time to time our staff maybe accompanied by trainees or people involved in health care. Please let us know if at any time you are not happy to have these people involved in your care.

Dogs

Please, tie up or fence in your dog when we visit. We will not enter the premises if dogs are loose.