

Wakefield Intermediate Care Unit

Information for patients/carers/relatives

Intermediate care bedded units provide short-term specialist care to people who have been in hospital or become unwell and need extra time to see if they have any further needs before they go home. Patients must be over 18 and registered with a Wakefield GP.

Visiting time for the unit is 24 hours a day; 7 days a week. However patients may be involved in therapy sessions at certain times. Please discuss any concerns with the unit Matron or senior Nurse / Therapist.

Who provides intermediate care?

Nurses, doctors and therapists will carry out assessments and regular reviews during a patients stay. They will agree and plan, in partnership with the patients, what needs to be achieved and when the best time is for the patient to move on in their recovery. They will also help people to manage their symptoms and illness. Help and support can be available depending on need from the following people: Occupational Therapists, Physiotherapists, specialist nurses, support workers, Dieticians, Pharmacists and Social Workers.

What to expect

When you arrive at the unit you will have assessments completed by the nurses/therapists/social worker. They will ask you questions about how you were managing at home before going into hospital/ becoming unwell, about your home environment and any medical conditions/concerns. A Doctor will review you shortly after admission.

A therapist will assess your current level of mobility. This allows the team to begin to plan for you to leave the unit to go home from the day of your arrival. Your family may be contacted to assist with finding out information.

An estimated date of discharge (EDD) will be given, this will be reviewed regularly and you will be kept informed.

Estimated Date of Discharge (EDD): _____

Review date (1): _____

Review date (2): _____

Review date (3): _____

What do I need to do?

If appropriate for a rehabilitation programme other assessments personal to your needs may be carried out, these could include;

- Walking/Physical
- Personal Care
- Kitchen
- Home or access visits.
- Medication
- Night time
- Continence
- Mental health/memory

The most important person in your rehabilitation is **you**.

You need to be involved in your rehabilitation as you will not see a therapist every day during your stay. You will be guided on what you need to do in order to plan for home. You may be given an exercise plan during your time with the Physiotherapist. you need to complete these exercises as guided, you can ask your family/other care staff to help with this if it helps you.

What happens next?

Once plans have been made for you to return home you may need to wait if a package of care is needed to support you. Whilst you wait you will be requested to move to another unit until the package of care is ready, **there is currently no financial charge for this service**. We do this to make sure people are able to receive the care they need at the right time and stops people being kept in hospital when they need to come to a unit for Intermediate care.

Contact details

Wakefield Intermediate Care Unit

Queen Elizabeth Road

Wakefield

WF1 4AA

Telephone: **01924 54319** or **01924 543520**

Matron **Alison Roberts**

Unit Manager **Paula Hopson**

Therapy Lead **Julie Herrick**

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: 01924 542972 or email: [**pals@midyorks.nhs.uk**](mailto:pals@midyorks.nhs.uk)

To contact any of our hospitals call: **0844 811 8110**
To book or change an appointment call: 0844 822 0022

[**www.midyorks.nhs.uk**](http://www.midyorks.nhs.uk)

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