



## Our Physiotherapy Service

### Initial Assessment

The Heatherfield is unique in employing our own Senior Physiotherapist who works in conjunction with nursing and care staff to optimise the level of function or minimise the level of deterioration of residents. Each resident is assessed as part of the care planning process to ensure that exercise routines play an integral part of the care process. Our physiotherapist carries out an assessment of each resident to maintain mobility, increase independence and ensure the maximum quality of life.

### One to One

Where residents are identified as requiring a complete programme of rehabilitation the physiotherapist will identify a complete therapeutic or rehabilitative programme to maximise their mobility and prevent any further deterioration. The programme and progress recording will be overseen by the physiotherapist in conjunction with nursing and care staff to ensure a continuation of care and consistency in approach.

### Exercise Classes

Gentle exercise and chair exercises are organised by the physiotherapist to suit the abilities of each resident. Each class lasts approximately 30 minutes. Regular exercise assists in preventing muscle wastage and weakness as well as promoting joint mobility.

### Training

Our physiotherapist regularly trains carers in moving and handling and develops regular exercise regimes which carers can encourage and support on a regular daily basis.

### Contact

Our physiotherapist is in contact with community services and ensures a continuity of care between community services and support services both prior to admission or on discharge to ensure maximising continuity of care.

### Our service ensures:

- Early detection of problems emerging
- Increased confidence and function
- Optimised independence and self esteem
- Feeling of wellbeing increases social integration
- Health and wellbeing promotes quality of life