Welcome to Kings Lodge
This guide has been written for you, your family and friends to help you prepare for your rehabilitation with us.

Where is Kings Lodge?
Ward 3, Kings Lodge, is situated on Level 3 within the London Road Community Hospital.
Telephone: 01332 254803

What is Kings Lodge Neurological Rehabilitation Unit?
Kings Lodge is a specialist unit for the rehabilitation of adults who have a Neurological condition. This may involve physical impairment and/or communication difficulties and/or cognitive difficulties (memory, problem solving, processing skills, concentration).

The unit has an inpatient facility for 19 patients.
The accommodation consists of bays each with 3 beds, and single rooms with en suite facilities.
We will work with you to provide an individually tailored service for assessment and rehabilitation in an informal atmosphere.
We view rehabilitation as a process of change in which you may be able to adapt or relearn skills or learn new skills in order to regain independence.
We aim to reach or maintain your chosen lifestyle, whilst considering your dignity and personal requirements.
We may be able to improve your ability to be independent using rehabilitation.

Who are we?
At Kings Lodge you will be under the care of a rehabilitation medicine consultant working with a core team of professionals.

This multi-disciplinary team based on the unit consists of:
- nurses
- healthcare assistants
- occupational therapists
- doctors
- physiotherapists
- speech and language therapists
- therapy assistants

Other members of the team are the ward hostesses, a modern housekeeper, receptionists and domestics. Neuropsychologists and dietitians are also part of the team but not based on the unit all of the time.

Your team may not involve all these people. It will depend on the type of help you need as to who is involved in your care.

Other professionals such as social workers, podiatrists, orthoptists and orthotists may be part of your care team if their help is required.

Your key worker
Shortly after you arrive you will be allocated a key worker and associate key worker, a therapist and nurse. Your key workers are an important link between you, your family and your treating team. They are also essential for the successful coordination of your rehabilitation and discharge programme.

Other members of staff will also be able to give you information during your stay. We are all happy to help and advise within our specialist areas.

What will happen while I am at Kings Lodge?
On arrival, members of the multi-disciplinary team will meet with you and ask you about yourself and your personal circumstances.

A nurse and doctor will complete initial assessments on your first day. You will be assessed by a physiotherapist and an occupational therapist within one working day of arriving on the unit.

If you require help from any other team members, for example, speech and language, neuropsychologist, dietitian, they will be informed of your transfer to Kings Lodge and will see you on the unit.

At the start of your stay, the team will work with you to identify and assess your needs. After this, we will hold a ‘Programme Planning Meeting’, where we meet with you and other close relatives or close friends whom you wish to invite. The purpose of this meeting is to discuss our initial assessments, try to answer your questions, and to set goals and timescales for your rehabilitation programme. This will include a provisional discharge date.

Further meetings will be arranged with you as necessary to provide an update on your rehabilitation and to assist in planning your discharge (leaving hospital).
Your Rehabilitation Programme
Your rehabilitation programme is specifically designed to meet your needs. It is run over a 24 hour period by the healthcare professions involved in your rehabilitation.

This may include:

- addressing your posture and positioning when in bed or a chair
- assisting you to move in ways that help to promote your physical recovery and independence with everyday tasks such as washing and dressing
- following planned interventions relating to continence
- nutrition and swallowing
- pressure care
- helping with your communication and supporting you with aspects of cognitive rehabilitation
- medical management and further investigations (if needed)

As well as promoting independence, we also support patients in adapting to changes where independence may not be possible.

The unit multi-disciplinary team meet weekly to discuss your progress and set new goals which they will have agreed with you before the meeting. Other goals may be suggested at that meeting and then discussed with you later.

We understand that rehabilitation can be tiring. This is taken into consideration and your activities may often be balanced with periods of rest.

We feel that it is important to emphasise that rehabilitation is not just therapy; it involves patients, family members, nurses, therapists, doctors, neuropsychologists and others working together on practical goals.

There is a large programme board by the day room, where your weekly programme will be written and can be followed. You and your family and friends are encouraged to check the programme board daily.

The healthcare assistants will carry out therapeutic activities with you from 1.30pm - 3pm. Sometimes (with your permission) your family and carers may be invited to join the therapy sessions. There will be times when your therapy is planned in visiting times and while we appreciate the importance of time spent with your family and friends, this cannot be avoided.

If you require assistance from a physiotherapist or an occupational therapist, you will be seen approximately 3 times per week by each one.

If you have any medical appointments arranged during your stay, you should let us know as it is important to attend them. If required, transport and an escort will be arranged with the least amount of disruption to your rehabilitation programme.

Facilities and resources
The unit has:

- A gym
- A therapy kitchen
- An activity room with a computer and internet access promoting patients to engage in activities outside their therapy sessions
- A dining area and day room with TV, DVD and music system
- Free to use televisions at the bedside, wherever possible
- Additional information and advice - the unit holds a large selection of information and advice leaflets on medical conditions and health and lifestyle, as well as contact numbers for voluntary and statutory self help groups. These are held near the entrance to the ward. Please ask a member of staff should you require further information.
- Access to other rehabilitation resources, such as Orthotics (splinting), Wheelchair Service, Electronic Assistive Technology (EAT) service, sensory garden.

Items to bring
At Kings Lodge, the emphasis is on activity and rehabilitation, therefore comfortable loose clothing such as shorts, tracksuits, t-shirts if possible, and good supportive footwear is recommended.

The following items are essential:

- Toiletries
- Nightwear
- Current medication
- Day wear (as suggested above)
- Current wheelchair and cushion (if applicable)
- Any small pieces of equipment or devices, which are essential to you (if portable)

We request that items of value and large amounts of cash are not kept on the unit. If this is not possible, we can arrange for them to be kept in the hospital safe. Any belongings brought into hospital are done so at your own risk.
Meals
Hot and cold drinks are served regularly throughout the day. You may also wish to bring your own drinks. Alcohol should not be brought onto the ward. We have a fridge and freezer for patients’ use only. We are unable to heat up any food brought onto the unit.

Meals are served in the day room wherever possible, and a variety of menus are available. If you have any dietary requirements please let staff know. Some patients enjoy using the dining facilities and we ask that visitors respect the privacy and dignity of this area while meals are being served. At times family members will be asked to be involved in meal times.

The unit has “a protected mealtime policy” for patients. The protected mealtime service (7.30am - 8.30am, 12 noon - 1pm and 5pm - 6pm) means that all non-urgent activity on the unit, including visiting, stops (all essential and urgent care needs will continue to be met). This is to prevent unnecessary interruptions to mealtimes and enable the healthcare team to be available to help serve food and give assistance to patients who require it.

It also creates a more relaxed and calm atmosphere, giving patients time to socialise and enjoy their meal with less distraction on the unit.

You may be experiencing difficulty with eating and drinking. A speech and language therapist can give advice on safe food and drinks following an assessment of your problems.

As part of your rehabilitation you may be asked to plan, prepare and cook your own meals. This will be organised in advance.

Cultural or Religious requirements
Please let a member of the team know if you have any cultural or religious requirements. Interpreters can be arranged should you or your family require this service.

Health and safety
The Trust operates a no lifting policy. You may require a mechanical aid should you need help with transfers. The staff will advise on the safest way both for you and us.

Smoking is not permitted anywhere in the buildings and grounds of the hospital.

Visiting
Visiting times are 2pm - 4pm and 6pm - 8pm every day.

Children are welcome on the unit but must be supervised at all times. Visiting can be agreed out of these hours if necessary.

There is a double door locked entry system into the unit. We ask for your patience if we are unable to open the doors immediately as staff can be busy.

We request that visitors respect the privacy and dignity of the people on the unit.

Visitors - though important - can also be very tiring for a person and we ask that this be taken into consideration. We reserve the right to refuse admission of a visitor to the unit if we believe it is not in the best interests of the patient.

The consultant-led ward round takes place on Monday mornings. It is essential that you are present on the unit at this time so that you can be reviewed by your consultant.

Ward contact details
Telephone: 01332 254803

Sharing information about your care with your family and close ones
While you are being cared for on the unit, your condition and treatment will always be fully discussed with you. Your right to confidentiality will always be respected and upheld, and you have the right to choose how information about your condition and treatment is shared.

Unless you give us permission to share information with your relatives, friends and carers, we will probably be unable to do so, particularly by telephone. Please tell us who we can speak to about your care.

When it is not possible to gain your permission, your treatment and condition will only be discussed with one person - either your immediate next of kin or whoever you have identified as the ‘person to contact’.

Where staff feel the need to refer you to another agency e.g. Social Services, the reason will be discussed and agreed with you. We will only share relevant information with other agencies.

Discharge planning (leaving hospital)
Your discharge requires careful planning and we feel it is important to start this on or as soon after admission as possible. However, we cannot always predict what will be necessary for your discharge at the start of your stay, and so the whole process of discharge planning is continuous throughout your stay.

Referrals will be made to appropriate outpatient teams to ensure that your rehabilitation continues on into the community.

Access Visit
Your occupational therapist (with your permission) may organise an access visit to your home. This is to assess whether you may benefit from any equipment or adaptations to maximise your safety and independence after leaving hospital.

Your occupational therapist will then give advice, recommend changes or make suggestions which will help in planning any potential short visits home where possible so that you can spend time with your family.

We view this as an important part of rehabilitation, as these visits can help to recharge your batteries!

However, a visit home which has not been well planned in advance may be difficult and stressful - for instance there may be problems with access to and from your home, so it is essential that visits are planned in advance with advice from the team.
**Home Assessment Visit**
At a later stage in your rehabilitation, a Home Assessment Visit, (which is part of the discharge planning process) may be organised.

This is normally carried out by your occupational therapist, with you and your family or carer present. Other professionals (with your permission) may also join you at this stage so that more detailed discharge planning can take place.

This is an opportunity for you to practice (with the support of the therapist) in your own environment, the activities you will need to be able to do when you leave hospital.

This is an important part of the discharge planning process, assisting in us identifying with you what support you may need in order for you to manage safely and comfortably when you return home. As part of this process, we may recommend a short period of day or overnight leave before your eventual discharge if the circumstances are adequate.

**How to get to the London Road Community Hospital**
For maps, transport options and parking, please visit www.derbyhospitals.nhs.uk/about/how-to-find-us/

**Arriving by car**
London Road Community Hospital is located in the city of Derby, close to all the city’s main amenities. The Hospital can be reached from the A52 and the M1 junction 25.

Approaching from Derby City Centre you can enter the hospital at entrance B. Go up to Level 3 and follow signs to Ward 3 Kings Lodge.

Concessionary car parking tickets are available to long-term patients and visitors whose stay or visit to the hospital exceed 7 days. You can ask for the form from reception.

**Arriving by bus**
The Royal Derby Link bus runs between the Royal Derby Hospital, the city centre and the London Road Community Hospital (Monday to Saturday). Bus timetables are available at the main entrance reception.

**Listening to your views**
We hope this information has been useful.

We always aim to provide the best possible care during your stay. Your views are very important and help us to develop our services. If you have any suggestions, comments or concerns, please speak to a member of staff.

Alternatively, you may wish to complete a comment form (available in the reception area) or contact the Patient Advice and Liaison Service (PALS).

The PALS office is open Monday to Friday, 9am - 5pm
Freephone: 0800 783 7691 (24 hour answerphone)
Email: dhft.contactpals@nhs.net

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