

Community Rehabilitation Best Practice Standards

Rehabilitation makes people's lives better. Many of those who would most benefit from rehabilitation, however, face barriers to accessing services. A panel of experts from across the UK developed these standards, to help change that.



Why do the recommendations exist?

To improve patient experience and population health and wellbeing by:

- Delivering high-quality rehabilitation
- Reducing local and national differences

What are the best practice recommendations for community rehabilitation?



1 Explicit, easy, efficient & equitable processes

Ajay has been discharged from a hospital stay following a fall at home. He understands that he needs a period of rehabilitation and has been referred to the local service.



2 Timely & coordinated interventions

Ajay is diabetic, has a visual impairment and has a rehab needs assessment in his home carried out by a clinician who is part of a clinical MDT within community services.



5 Optimised programmes with self-management & review

Ajay has a copy of his rehab plan where he can record his progress against it. Ajay has also been provided with details of a voluntary support group to support self-management.



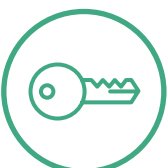
6 Well-led, well-resourced services

Ajay shares his progress with his therapist at his review appointment and the clinician feeds this into the MDT review appointment which agrees Ajay's rehab goals have been met.



3 Meeting patients' needs

Ajay is involved in the decisions made about the options for rehab that fit around his lifestyle. He discusses that walking his dog is important to him.



4 Locally delivered pathways with access to specialist services

As Ajay improves, he starts to attend group rehab at his local leisure centre and continues with self-directed rehab at home that also includes reviewing how far he can walk the dog.



7 Involving families

Ajay's family has been involved with encouraging Ajay with his home rehab and the family provide support to others via the voluntary support group.

How to achieve community rehabilitation success

Following the best practice recommendations will:



Clarify referral pathways



Guide & support self-management



Focus on specific needs, not conditions



Promote early, supported hospital discharge



Ensure care is delivered at home & locally



Find out more by visiting www.csp.org.uk/publications/community-rehabilitation-standards or scan the QR code



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