

Regional Disability Team

Patient Information Leaflet

Shining a light on the future



Welcome

This leaflet provides you with information about the Regional Disability Team. If you have any questions about anything in this leaflet please ask a member of staff.

What is the Regional Disability Team?

The Regional Disability Team offers a range of services for people with long term neurological disabilities aged from 16 years onwards. It is based at Walkergate Park.

What to expect

An initial appointment with one or more members of the team or an appointment in clinic to assess your needs and establish a treatment plan. Appointments may be held at the centre or in your own home.

Referrals to the team are taken from GPs and other Health Professionals, as well as self referral.

What to bring with you

- List of current medication and any known allergies.
- You may have received a Community Teams Initial Assessment Form. Please could you complete it to the best of your ability before your first appointment? Please do not worry if there are sections you can not fill in.

Your family

We encourage you to bring your partner, supporter or another family member along with you to the initial assessment. Our team offers support to them too.

Team members

Physiotherapists

- group/individual treatment programmes
- exercise advice
- acupuncture
- hydrotherapy
- orthotics as part of your physiotherapy treatment

Occupational therapist

- assessment and advice for daily living
- self care skills and equipment
- development of independent living skills
- fatigue management

Counsellor

- Supports and enables you and members of your family to manage or resolve issues of an emotional nature which give rise to difficult feelings. This service is confidential.

Neuro psychology

- Carry out assessments and therapy aiming to increase awareness/help you cope with your memory, emotional and physical health problems and to facilitate good adjustment throughout the stages of your illness.

Rehabilitation Consultant

- You may be seen by the rehabilitation medical team in an out-patient Regional Disability Team clinic on a Tuesday morning.

Podiatrist

- Podiatry for assessment and management of foot problems.

Please note that we do take students on clinical placement - however you will be asked for your consent before the appointment for them to attend. You have the right to refuse.

Other services at Walkergate Park

The team has access to other services within Neuro-Rehabilitation and Neuropsychiatry

- Clinics:
- Dystonia
 - Spasticity
 - Sex and Relationships
 - Continence for people with Multiple Sclerosis
 - Neuropsychiatry
 - General Medical Neuro-rehabilitation Clinics

The Community Multiple Sclerosis Team

Northumberland Head Injury Service Team

North East Drive Mobility which is a specialist service based at Walkergate Park, providing assessment and advice on driving, getting in and out of cars and advice on adaptations.

Environmental Control Systems Service

In patient admission to Neuro-rehab/neuropsychiatry wards

Please ask your Health Professional if you would like further advice or information on the above services.

For further information contact:

Simon Easton, Team Lead: 0191 287 5083

Wendy French, Administrator: 0191 287 5080

Email: rdt@ntw.nhs.uk

Please note that information sent to the Trust via email is sent at your own risk.

What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.ntw.nhs.uk (click on the 'Contact Us' tab)
- telephone the Complaints Department Tel: 0191 245 6672
- we are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.
 - **Points of You** - available on wards or from staff. Some areas of the Trust have electronic feedback touch screens, staff can help you to use these.
 - **Friends and Family Test** - available from staff or online at www.ntw.nhs.uk/fft



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre
Tel: 0191 223 2545

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