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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਵਿਰਧਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Wordsworth Ward Rehabilitation Ward



What is Wordsworth ward?

Wordsworth ward is a neurological rehabilitation unit based in Ashford Hospital. It provides therapy and support for patients who are not yet ready to leave hospital.

The ward telephone number is 01784 884008. Visiting times are between 11:00-20:00 but exclude meal times 12:00-12:30 and 17:00-17:30. We request that no more than 2 visitors attend your bedside. Although visiting times are open, it is important to allow patients time to rest during the day to aid recovery.

Who will I meet on Wordsworth ward?

The multidisciplinary team (MDT) is made up of:

1. Nursing staff- Nurses are involved in all aspects of your care. They work closely with the therapists, promoting your independence in the ward environment.

The acting ward manager is Mendai Simioti who can be contacted on 01784 884008.

2. Medical team- There are a team of doctors who work on Wordsworth ward who will be taking care of your daily medical needs. The Stroke consultants conduct a ward round with the ward doctors throughout the week and all patients are discussed with the rest of the MDT weekly. If you require a medical update please book this with the nursing staff or doctor on the ward.

3. Speech and Language Therapists (SLT)- You may be experiencing problems with your speech or swallowing. The SLT provides support and advice for people who are experiencing problems with their communication or swallowing.

My long term aims by the time I am discharged from hospital are:



My short term goals to be achieved within the next week(s) are:



Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email patient.advice@asph.nhs.uk. If you remain concerned, the team can also advise upon how to make a formal complaint.

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What happens when I leave hospital?

When it comes close to you leaving hospital the MDT will discuss any future plans with you. This will vary dependent on your needs, but may include a therapy plan for you to continue with at home or a referral onto other teams to continue your rehabilitation at home.

There are lots of support services that you might find useful. The MDT will be able to provide you with any relevant contact details.

What else is there to do at Wordsworth ward?

There is a garden which can be located through the gym on Chaucer ward which patients and relatives can use (weather permitting). We also have a day room on Chaucer ward which is used for therapy sessions and family meetings during the day as well as a therapy kitchen. We encourage patients and relatives to use the day room and its resources in the evenings and weekends. It can also be used for some quiet time if needed, or as a location to meet with family and friends if there are more than two visitors at once. There are also a variety of stroke association information leaflets in the day room for you to take a copy.

4. Dietitian- The dietitian will provide advice and nutritional support if you have swallowing difficulties, a poor appetite or weight loss. Advice on a healthy diet can also be given if you have diabetes, hypertension, high cholesterol or are overweight.

5. Physiotherapists - Physiotherapy aims to regain as much movement as possible to promote maximum physical recovery and function and the management of any remaining physical difficulties after you may have.

6. Occupational Therapists (OT) - OT will offer advice and recommendations on how to manage practical tasks following a stroke. This might involve practice of daily living tasks, and individual or group cognitive training. They might visit your home, and suggest any adaptation or equipment required.

7. Social worker- A social worker is available to provide information and advice regarding support at home, funding issues and arranging care packages throughout your stay on Wordsworth and following discharge from hospital.

Do the team meet regularly and how can I meet the team?

The team meet for a weekly Multi-Disciplinary Team (MDT) meeting to discuss progress made with each patient and plans for discharge. You will be offered a family meeting with the MDT to discuss progress and goals as well as discuss discharge plans.

What will I need?

You will find it helpful to have toiletries, nightwear, day clothes (choose clothes which are loose fitting, comfortable and suitable for therapy), comfortable flat shoes and slippers (with grip on the bottom).

The hospital is unable to wash personal items of clothing, and we ask that relatives take home clothes for washing. Dirty clothes will be placed in white carrier bags for collection.

Can my relatives help with therapy?

Your relatives are also welcome to observe therapy sessions, please speak to the relevant therapist to arrange this. The therapist will also be able to discuss with your relatives ways in which they can help your progress out of therapy sessions as well as ways to help relatives with their personal exercise programme. However, it is important that you are given time to rest and recover following a neurological event especially as you might find therapy sessions tiring.

Where can I go for advice and support?

The team on Wordsworth ward will be happy to answer any questions you may have. The Stroke Association website is <https://www.stroke.org.uk/> and they can offer advice and support

to people with stroke and their relatives and carers. The Stroke Association also have a helpline which you can call on 03033 033100 for any further support required. For other neurological conditions please speak to your therapist.

How often will I receive therapy?

The therapy team work Monday-Friday between 08:00 and 16:00. The amount of therapy that you receive will vary dependent on your needs but we aim for each patient to be seen every week day by a member of the therapy team. You may also be given exercises and activities to complete on your own or with relatives.

How long will I receive therapy for?

Everyone's recovery and progress is different, therefore it is difficult to say how long you will stay on the ward. When you come to the ward the team involved in your care will assess your needs and work with you to come up with a personalised treatment programme and set goals (see overleaf). Wordsworth ward is goal-centred; you will set goals with your therapists and these will be reviewed regularly. If you are achieving goals within the expected time frames and the ward environment remains the most appropriate place for your treatment, rehabilitation continues. The aim will be to enable you to continue your therapy at home as soon as is safe and possible. Discharge planning will start from day one on the ward and goals will be centred towards getting you home. When progress begins to plateau or another environment would be more suitable for you, your therapist will discuss this with you and arrange a meeting with your family to make future plans. At this point your therapy may then focus on managing your function with less frequent sessions.