

The Hillingdon Specialist Rehabilitation Service



Alderbourne Rehabilitation Unit

Hillingdon Hospital
Field Heath Road
Uxbridge
Middlesex
UB8 3NN

Daniels Rehabilitation Unit

Medical Block
Mount Vernon Hospital
Rickmansworth Road
Northwood
HA6 2RN

Hillingdon Rehabilitation Service Secretary: 01895 279964

Alderbourne Reception (appointments / enquires): 01895 279739

Daniels Rehabilitation Unit: 01923 844285

Fax - Alderbourne ward: 01895 279737

Fax - Daniel's ward: 01923 844971

The Hillingdon Specialist Rehabilitation Service provides specialist rehabilitation for patients with neurological or complex conditions.

We cater for adults who require a period of in-patient rehabilitation; for example after a stroke, brain or spinal injury or who need support with managing a long term neurological condition, such as Multiple Sclerosis. We have 36 in-patient beds based on two units and also provide a range of outpatient services and clinics.



The Alderbourne Rehabilitation Unit (ARU) has been providing specialist rehabilitation services since 1990. It is a 20 bed unit located at the Hillingdon Hospital.

Daniels Rehabilitation Unit (DRU), located at Mount Vernon Hospital, opened in July 2014 and is a 16 bed unit.

Both have a fully equipped gym, kitchen area, wheelchair access and a secure door entry system.



Our Team

Our multi-disciplinary team includes a wide range of rehabilitation specialists, including rehabilitation consultants, psychologists, rehabilitation nurses, physiotherapists, occupational therapists, speech and language therapists and dieticians. We also work closely with other services in the trust such as Neurology, Orthotics and Ophthalmology.

Why am I being admitted to the Rehabilitation Unit?

You are being admitted for a period of in-patient assessment and rehabilitation with the aim of improving your functional ability in everyday tasks and enabling you to be as independent as possible.

Your active participation in your rehabilitation is essential to improve or maintain your independence and we encourage a daily routine which encompasses your normal activities of daily living. This includes getting dressed each day, eating meals in a social environment and taking part in therapy and activities offered by the team.



How long will I stay on the Rehabilitation Unit?

Your stay will vary according to your needs. Shortly after your admission you will be allocated a keyworker who will support you and your family throughout. You will also meet with members of the therapy, medical and nursing team who will discuss with you your goals and aspirations for your time in the unit.



What will I need to bring?

You will find it helpful to have toiletries, nightwear, day clothes (choose clothes that are comfortable, loose fitting and suitable for therapy), comfortable flat shoes or trainers, slippers (with a grip on the soles) and a small amount of money in case you wish to purchase anything during your stay.

Please ensure that your possessions are labelled with your name as the trust is unable to accept responsibility for any valuables or possessions that are mislaid while you are on the ward.

Visiting

Visiting times are between 2-5pm and 6-8.30pm. We request that you have **no more than 2 visitors** at your bedside. You may still have therapy sessions scheduled for the afternoon for which you will need to be available. Children are permitted to visit if arranged in advance with the nurse in charge.

Hospital onsite facilities include a restaurant, coffee shop, newsagents and a multi-faith chapel.

Travel and Parking

Both sites have good public transport links; please see The Hillingdon Hospitals NHS Foundation Trust website for more information.

Parking is limited, so it is a good idea for visitors to come by public transport whenever possible.

Disabled parking bays are available directly outside each unit.

What are the discharge arrangements?

Before you are discharged the team will discuss your needs with you and your family. If you require help with looking after yourself we will ask local support services to be involved. We will then set an estimated discharge date, based upon the ongoing assessment of your rehabilitation needs. Please let us know if there are any factors that are likely to affect your discharge. If the team recommend you require on-going rehabilitation on discharge we will refer you to the appropriate community service in your area.

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format.

Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

برائے مہربانی جے تہانوں اے اطلاع کے اور زبان یا انداز و جڑ چاہی دی اے تے پتہ کرن لئی 01895 279 973
رابطہ کرو

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம் தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973 இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poprosz pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973 .