

Rehabilitation at Home Service



What we do

- advise and support people who have had a fall
- advise and support people who find it difficult to carry out daily activities
- help people to be confident and independent



Who can see us

You can see us if you are over 18 and:

- have had a fall
- you are worried about having a fall



How to use our service

- your GP or other health/social care professional can refer you
- you must have a GP in Wirral
- you must be 18 or over





Your appointment

- we will phone you to arrange to see you at home
- we will assess you and make a plan with you if you need help



Rehabilitation

This includes:

- practising daily activities
- strength, balance and posture exercises
- advice and education
- walking aids or equipment to help you



Rehabilitation Nurse

They will help you by:

- looking at your medicines and advising on diet and lifestyle
- seeing how your health affects the way you live
- looking at risks and making a plan
- working with your doctor





Rehabilitation Assistant

They will help you with any plan you have been given.



Physiotherapists

- a physio can help you with your joints, muscles and bones
- they may use exercises to help you



Occupational Therapists

- they help increase your confidence
- they help you learn new ways of doing things
- they help you practice abilities you may have lost
- they advise about and provide equipment to assist with everyday activities



How to contact us

- you can ring our service on:

0151 514 2444