



Central and  
North West London  
NHS Foundation Trust

# Community Adult Rehabilitation Service

Information for patients

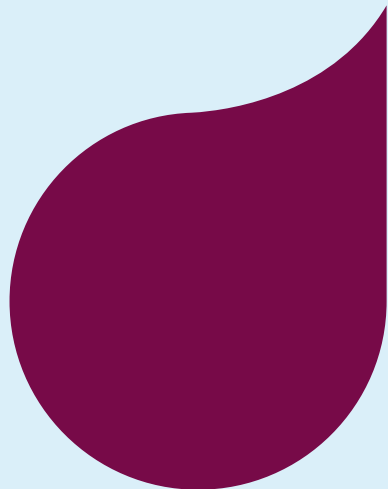


*Wellbeing for life*

## About us

The Hillingdon Community Adult Rehabilitation Service (CARS) provides rehabilitation to house bound adults whose needs are best addressed in their own environment to improve their quality of life. The service is available to adults aged 18 years and over who are registered with a Hillingdon GP or live in Hillingdon.

Our team will work in partnership and agree rehabilitation goals with patients, families and carers in order to increase independence with meaningful tasks, for example, getting outdoors, eating better, provide aids to increase independence and/or improve swallow and speech.



## The team and what we do:

**Physiotherapists:** provide specialist falls and neurological assessment and or treatment. Assist you in maximising movement, function and potential.

**Occupational Therapists:** support you with activities of daily living, for example, self-care and accessing the community. Provide aids to improve your function and quality of life.

**Speech and Language Therapists:** assist you with communication and swallowing difficulties.

**Dietitians:** guide and support you if you are malnourished to prevent further weight loss.

**Therapy Technical Instructors:** deliver rehabilitation plan via physiotherapist and occupational therapist. Including advice on walking and use of mobility and transfer aids.

**Rehabilitation Support Workers:** work closely with physiotherapists, occupational therapists, speech and language therapists and dietitians to

support you with everyday living including physical, social and emotional issues.

**Administrator:** to support the clinicians and service to run effectively and efficiently

We also provide Falls Prevention and Parkinson's Get Up and Go Exercise groups at Northwood Health Centre, Riverside Health Centre, Eastcote Health Centre and Uxbridge Leisure Centre.

Our service also can signpost you to other services should you require more specialised support and help to maintain your stability and independence.

## **How to access the service:**

We operate on an open referral system. Anyone can refer to our team including you, families, carers, GPs, other healthcare professionals, social services and voluntary agencies.

To make a referral please contact our referral centre.

**Tel:** 01895 486127

**Email:** cnw-tr.

hchcontactcentrerefs@nhs.net

## **Service times:**

The service is available from 8am to 5pm, Monday to Friday (excluding Bank Holidays)

## **Our bases:**

### **Westmead Clinic**

Westmead Clinic, Westmead, South Ruislip, HA4 0TN

### **Laurel Lodge Clinic**

Laurel Lodge Clinic, Harlington Road, Hillingdon UB8 3HD.

If you need to contact the service please email [cnw-tr.carshillingdon@nhs.net](mailto:cnw-tr.carshillingdon@nhs.net)

## **Tell us, we're listening**

Our staff want to know how they are doing. Tell us what you think at [www.cnwl.nhs.uk/feedback](http://www.cnwl.nhs.uk/feedback) and then we'll know what we have to do.

We aim to provide you with the best possible care. If you are unhappy with our services, please speak to the service manager in the first instance. If this does not resolve your problem, please contact our Patient Support Service on **0300 013 4799** or at [feedback.cnwl@nhs.net](mailto:feedback.cnwl@nhs.net)

This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

## Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

## Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

## Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## Gujrati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## Turkish