

# Rehabilitation is as important as ever

CMAK



A Parliamentary review of health and social care in Wales is set to be published tomorrow. Here, Philippa Ford, policy and public affairs manager for the Chartered Society of Physiotherapy in Wales, outlines why community rehabilitation should be at the heart of the review



**Q**UITE rightly our attention is about to be drawn to the final report from the Parliamentary Review of Health and Social Care in Wales team.

The Chartered Society of Physiotherapy (CSP) is optimistic that within the solutions suggested in the report we will see recognition of the importance of rehabilitation and reablement services in the community that help people to take control of their own lives.

This means services that help people to regain independence, return successfully from hospital and manage long-term conditions.

In the evening of the January 16 the Chartered Society of Physiotherapy is holding an event in the National Assembly for Wales highlighting just this.

The event will premiere a short film created by the CSP where a woman has rehabilitation following a stroke.

On the one side of the film the woman has great rehabilitation, working with the physiotherapist on her exercises, regaining the ability to walk and enjoy her garden again.

On the other side of the film she and her husband become more and more frustrated as they try to access rehabilitation services in the community with no luck.

The film is moving and makes the point about the human effects of missing out on rehabilitation.

The message of the event will be loud and clear - community rehabilitation transforms lives, prevents needless disability and restores independence.

Rehabilitation matters to

► **Community rehabilitation transforms lives, prevents needless disability and restores independence**

David Jones

patients and their families.

Whether it is recovering from injury or surgery, coping with an event such as a stroke or heart attack or managing a long-term condition such as multiple sclerosis or chronic obstructive pulmonary disease.

Access to a multi-disciplinary team working across health and social care means that patients and their carers can see a range of different professionals including physiotherapists who will work with them to achieve their goals.

Often people are apprehensive but rehabilitation professionals work to help them take control and see that they can manage.

The Chartered Society of Physiotherapy is particularly

focussing on rehabilitation in the community.

These services are needed to support people in Wales to remain active and independent in their own communities, but too often availability of services varies, and the focus continues to remain on the acute services to the detriment of community services for people after leaving hospital.

Returning to the final report from the Parliamentary Review team the Chartered Society of Physiotherapy hopes that it will signal a further transformation in services so that the considerable skills of the professionals working in multi-disciplinary teams can be utilised in the community, assisting general practice to

prevent admission to hospital and working much further "up-stream" on improving public health to prevent problems later in life.

There's no doubt in our minds - rehabilitation matters, it is important and it is going to get even more important in the future.

If you have any stories about rehabilitation services you have received we would really love to hear about them.

Who's your Rehabilitation Hero? Where do they work? Why are they your hero? Please get in touch with the Chartered Society of Physiotherapy at [wales@csp.org.uk](mailto:wales@csp.org.uk)

To view the film, go to: <http://www.csp.org.uk/press-policy/policy/rehab-matters>