

Oxford Centre for Enablement  
**Continuing Disability  
Management Service**  
Day Hospital Information



## Contents

- About the Oxford Centre for Enablement
- What does the service provide?
- The Inter-Disciplinary Team (IDT) roles
- How can I make the most of my contact with the service?
- Further information
- Contact details

*This booklet has been written to give you information about the Continuing Disability Management Service at the Oxford Centre for Enablement. It is designed to help answer many of the questions that you may have. If you need any further advice or help please speak to a member of staff, who will be happy to help you.*

## About The Oxford Centre for Enablement

The Oxford Centre for Enablement (OCE) is a purpose built centre which provides specialist neurological rehabilitation and disability services within Oxfordshire.

The services included in the OCE are the:

- Neurological Rehabilitation Service
- Continuing Disability Management Service (CDMS)
- Oxfordshire Wheelchair Service
- Prosthetics Service
- Orthotics Service
- Specialist Disability Service

The Continuing Disability Management Service is a Day Hospital based service for adults with a wide range of neurological disorders and disabling conditions. This includes progressive conditions such as Multiple Sclerosis and Motor Neurone Disease.

You will usually visit the Day Hospital for one day a week over one to six weeks. This will depend on your personal needs and circumstances.

During this time the team will conduct their assessments and will either treat you, give you advice or refer you to another department, depending on the results.

At the end of this period recommendations will be made, further visits planned and a summary report sent to you and your GP.

## Core Values

We believe that people with disabilities should be respected and treated as full members of society. They should expect equal opportunities and our services will respect individual differences in culture, religion, race, age and ability.

**Access** to effective and efficient health and social care.

**Information** that is appropriate, accessible, accurate, timely and relevant, to enable you to make informed choices and to participate in decisions which affect your life.

**Choice** about every aspect of your life and, if necessary, assistance with the expression and implementation of your wishes.

**Participation** in society and responsibilities which are appropriate for your abilities.

**Consultation** and involvement of you, your family, voluntary organisations with specialist expertise, and other appropriate groups, in the planning of services.

## How does the service work?

The Continuing Disability Management Service is based on a detailed assessment of all the different aspects of your care and needs.

Your individual plan will be based on goals set with you and your family/carers.

On-going assessment will make sure that we know about any changes to your personal needs and circumstances; we can then adjust your plan to make sure it still works for you. A team approach will be taken at all times and your goals are central to the process. Working as a team will help us to help you achieve your goals.

When you are not in individual planned sessions with therapists, there will be group activities provided; linked to communication, cognition and physical needs.



**Day Hospital cognitive activities**

## Nursing support

The Day Hospital has a Registered Nurse who will complete a full assessment with you. This will include asking about how you are feeling, a physical check of your skin condition and your level of ability to communicate, as well as your past medical history, including any continence issues. The nurse will give you any medications you might need, check on and dress wounds and work with the District Nurses and community teams if required.

## Occupational Therapy

The Occupational Therapists aim to help you to adjust to your changing levels of independence with daily activities that are important to you. They will carry out an assessment of your needs which might include:

- help with personal care
- domestic tasks
- leisure activities
- work tasks.

They will give you tailored advice to help you achieve your goals. They can also get in touch with relevant services, such as your Community Occupational Therapy worker and other support groups.

The Occupational Therapists will be able to assess any needs you might have for equipment. Certain equipment can help with your safety as well as increasing your independence at home and in the community. They also work closely with the wheelchair service to prevent complications arising from problems with posture and your wheelchair.

Occupational Therapy can also give you advice to help manage your levels of tiredness.



**Occupational Therapy can help provide equipment such as adapted cutlery**

## Physiotherapy

The Physiotherapists aim to help you to keep up or improve your physical abilities and to minimise any complications that could arise from your condition. They do this by carrying out regular reviews with you to identify any problems they can help with. An individual plan to address these will then be developed by you and your physiotherapist. This plan might involve:

- advice on posture
- spasticity (tightness of muscles)
- mobility aids (sticks, frames, etc.)
- orthotics (e.g. braces and splints)
- development of an individual exercise programme.

If you have a changing condition, you will have an annual detailed physical assessment. If you are known to the Community Physiotherapists we will liaise with them as required.

## Speech and Language Therapy

The Speech and Language Therapist (SLT) and Assistants provide assessment and advice. They can also help to set up programmes for you to follow or to take part in as part of a group. They will help you with your speech (articulation), language, cognitive-communication, voice and swallowing difficulties.

If you need communication aids, they will refer you to the Specialist Augmentative and Alternative Communication SLT for assessment. They will give you advice and support about funding for suitable equipment.

The Speech and Language Therapists will also liaise with the Community Speech and Language Therapy Service. They will advise other staff involved in your care about communication and safe swallowing.

## Neuropsychology

The Psychology team will help you with any psychological problems that you might find troubling you. These could be caused by your disability and/or rehabilitation. These problems can include:

- cognitive difficulties (such as memory, concentration or problem solving)
- troubling emotions (such as depression, anxiety and anger)
- health-related problems (such as pain) that are caused by your illness or injury.

They also offer specialist counselling to deal with issues arising from life changing neurological conditions. This is available to you and your family or carers, both adults and children.

**With all of these services confidentiality is very important. The team will not discuss personal issues concerning you with anyone in your family without your permission.**



## Ongoing support

It is likely that you will need to stay in touch with the service for an on-going period of time. There might be times where you just need some simple advice or information, but sometimes you might find you need more support. The team here are experienced in a wide range of problems and concerns that can affect people with disabilities and are happy to offer you support at any time.

We can refer you to other useful services and departments if we think they could help. Some examples of these services are:

- Oxfordshire Community Bladder and Bowel Service
- Oxfordshire Wheelchair Service
- Community Occupational Therapists and Physiotherapists
- Specialist Nurses and Clinics
- Social workers
- Podiatry (treating foot and lower leg problems).

There is information about voluntary agencies available on notice boards around the centre. Please ask a member of staff for information about these organisations or others that may be specific to your condition.

## How can I make the most of my contact with the service?

Being aware of the following points will help you and the team to make the best of the service we can offer.

- Please remember to come to your appointments.
- If you are brought in by hospital transport please make sure you are ready on time.
- If you need to cancel an appointment for the Day Hospital, please telephone the 01865 737 260. Please give as much notice as possible especially if hospital transport has been arranged for you.
- Practice your exercises in your own time and at home if your therapist suggests that you should do so.
- Please feel free to speak to your therapist or nurse about any concerns or problems that you may have.
- Take part in the day to day activities in the centre as much as you feel able to or wish to.

As the CDMS is a valuable service to all our patients, if you find you are regularly unable to attend the Day Hospital or no longer want to use the service please let us know. We may then be able to offer your place to another person.

## Contact details:

If you have any questions about the Oxford Centre for Enablement or the Continuing Disability Management Service please call us:

**Administrator:** 01865 737 205

**Fax:** 01865 227 294

**Nurses Office:** 01865 737 212

**Hospital Transport:** 01865 737 260

**Physiotherapy:** 01865 737 220

**Occupational Therapy:** 01865 737 230

**Speech and Language Therapy:** 01865 737 335

**Clinical Neuropsychology:** 01865 737 365

**Website:** <http://www.ouh.nhs.uk/oce/>

The Continuing Disability Management Service  
Oxford Centre for Enablement  
Oxford University Hospitals NHS Trust  
Windmill Road  
Headington  
OXFORD  
OX3 7LD

We would like to take this opportunity to say how grateful we are to the "Friends of the OCE" for supporting our Day Hospital with their continuous fundraising.

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **[PALSJR@ouh.nhs.uk](mailto:PALSJR@ouh.nhs.uk)**

Sara-Jayne Harvey, Staff Nurse; Ellen Armitage, Physiotherapist;  
Lynda Pearce, Occupational Therapist;  
Bridget Robson, Speech and Language Therapist  
September 2014  
Review: September 2017  
Oxford University Hospitals NHS Trust  
Oxford OX3 9DU  
[www.ouh.nhs.uk/patient-guide/leaflets/library.aspx](http://www.ouh.nhs.uk/patient-guide/leaflets/library.aspx)

