

Need some time to recover?



Sometimes when you are recovering from illness or surgery you need time to regain your strength and confidence before returning home or making any life changing decisions about your future.

We understand this, and in response have developed a service within local authority care homes that provides short term convalescence care.

What does short term convalescence care offer?

This service offers the opportunity for you to gradually recover your health and strength after surgery or illness in a supported environment. It offers you the opportunity to access supportive services which will enable you to build your confidence before your return home or to a more suitable environment where your needs can be better met.

Who is eligible?

The accommodation is available to older people who;

- Are assessed as being medically fit need no hospital based medical treatment however may require some support.
- Are living at home, do not need to go into hospital, but need some short term support following a period of illness or injury.
- Require further assessment in a home based setting before making any long term care decisions.

What are the benefits for me?

No one wants to stay in hospital longer than necessary and convalescence care is the next step to going home or moving to other, more suitable accommodation.

You will be consulted and your agreement to a move into a convalescence setting is essential. You will be asked to sign an agreement for this.

How long is the stay?

People take different times to recover; some very quickly, others will take a little longer. Before you are admitted to the convalescence unit the social worker will have discussed with you your personal goals for your stay. These will be reviewed on a weekly basis to ensure your potential is maximised, and you best achieve your goals, before you are discharged.

This facility is short term; long-term placements within the setting are not available.

Where are the care homes?

There are two care homes offering this service Llys-Y Bryn, Llanelli where there is a 12 bedded unit and Maesllewellyn, Newcastle Emlyn where there is an 8 bedded unit

What will the care home be like?

Llys Y Bryn Llanelli and Maes Llewellyn Newcastle Emlyn are the most modern care homes in Carmarthenshire offering 21st century accommodation. There is a specific unit designated for this service in each home. All the bedrooms have en-suite facilities; there is a communal lounge and kitchen area where you can make hot drinks and snacks at any time.



Llys Y Bryn



Maes Llewellyn

What services can I expect?

The staff will support and encourage you to maintain and improve your independence, your active participation is essential to your recovery.

How much do I pay for the accommodation?

There is no charge for the convalescence service, however your need for the service will be reviewed on a weekly basis to ensure your potential is at its maximum before you are discharged

Are there any other charges?

If you access any of the services provided such as hair dressers or provision of daily newspapers, you will need to pay the current charges.

How do I get there, and leave?

If family and friends can't take you transport can be arranged

Will my G.P. call?

Where the care home is close to your home address then your doctor will call to see you there. However, if it is too far for the doctor to call, you will be registered with a local doctor for the duration of your stay

Will the community nurse call?

The community nurse will call to see you if it is needed at the care home.

What if I need enablement or rehabilitation?

An assessment will be undertaken and a programme to meet your needs developed. The programme will be undertaken during your stay and may continue on your return home.

What about my medication?

You will be discharged from hospital with medication, for which you will be responsible. If coming to the unit from your home bring your medication and any prescriptions with you. Help will be available for arranging for the delivery of any further supplies.

Will my family and friends be able to visit me?

Visitors are welcome at any time; however you need to consider that you may be committed with enablement and rehabilitation sessions.

For further information please contact

Name:

Title:

Address:

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Telephone number:.....