

responding to the need for
a dedicated residential and
day rehabilitation facility for
neurological conditions, stroke,
spinal cord injuries, acquired brain
injuries, orthopaedic and other
complex trauma injuries





“

To all the wonderful staff at STEPS. Just a thank you for the wonderful care and friendship for Ian. He has done wonders since being with you. Wishing you all the best for your future and hope all plans out for you. The staff and management have been superb and made all our family and friends very welcome.

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Ian's family - a residential client who spent 12 weeks at STEPS following a stroke



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Our values

We are devoted to developing human potential and believe everyone deserves the best chance. Only the highest quality of holistic care can achieve fast and sustainable recovery. We believe that recovery is a truly collaborative process with families and friends supporting each individual's efforts; we will involve everyone as much as they wish in the rehabilitation journey. We know that if we harness each person's unique, individual drive and desire and add our commitment and care, we will achieve optimal results.

care

exceptional, individual holistic care

family

our firm foundation and belief

empowerment

enabling you to reach your optimal potential

dignity

respect runs through everything we do

collaboration

pure team work - families, individuals and staff working together

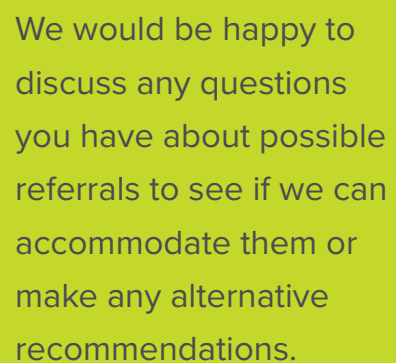
transparency

assessment, reporting, outcomes - a seamless journey of open business underpinned by HONESTY



Admission criteria

- To be able to engage fully with the recommended package of intensive rehabilitation following assessment
- To be medically stable
- Clients from the age of 16
- The individual (or if they lack the capacity, their named advocate) provides consent to admission
- Access to funding is confirmed
- Provisional plans have been agreed for discharge from STEPS
- We are able to care for people with tracheostomy and PEG tubes in situ. These and any other additional care needs will be considered as part of the pre admission assessment. Mild challenging behaviour can also be managed and will be assessed by a psychologist as part of this assessment



We would be happy to discuss any questions you have about possible referrals to see if we can accommodate them or make any alternative recommendations.



Rehabilitation packages



All our bedrooms are individually furnished with their own ensuite wet room and can be specifically adapted for different levels of independence. We have 22 individual bedrooms, 4 bedrooms as part of our transitional living unit and 1 independent/supported living apartment. Together, they enable us to provide the complete care pathway.

We offer a free pre-admission assessment (travel charges may be applied). This will allow us to design an individualised rehabilitation package.

All rehabilitation package prices include:

- Accommodation and meals
- Laundry
- Medical (GP and Rehabilitation Medicine Consultants) and nursing care
- Access to multiple group activities
- A 24-hour approach to rehabilitation through all care and support that is provided by our team of rehabilitation assistants and nurses

Each rehabilitation package can include these therapies:

- Physiotherapy and Occupational Therapy
- Acupuncture
- Aquatic therapy (if appropriate)
- Speech and Language Therapy and Psychology Services as required
- Neurologic Music Therapy

Day Rehabilitation

We also provide rehabilitation for day clients who need therapy or require ongoing support as part of their transition home. We can provide part/whole day programmes or individual sessions. There will be a charge for assessments.

Please go to our website for more details or call our team on the numbers below.





Packages are suitable for clients requiring rehabilitation for:

- neurological conditions including traumatic brain injury and stroke
- complex trauma including multiple orthopaedic injuries
- spinal cord injury
- post amputation
- post-surgery recovery
- pain management
- cancer rehabilitation

Active respite package:

Active respite packages are suitable for people living with a long-term condition/disability or following surgery such as joint replacement, a flare up of a chronic illness or oncology treatment.

This package offers clients and carers a break from usual routines, whilst providing a therapeutic approach to daily living. Our team of therapists and nurses will complete assessments and work with you to ensure that the approach is maintained throughout all interventions to maximise independence during your stay. This can then be continued once you return to home.

This package is suitable for clients with conditions such as:

- multiple sclerosis
- motor neurone disease
- muscular dystrophy
- Parkinson's disease

Next STEPS...Please call us to discuss whether STEPS can help to provide your rehabilitation.

Additional Charges:

- No charge is made for pathology, diagnostic tests and scans and other tests which are accessed via the local NHS Hospital. If a diagnostic test or scan is required whilst at STEPS, this will be accessed via a private company and the cost will be invoiced to the individual who will also be liable for transport costs to the appointment
- Prescription charges are applied to those not exempt under the NHS guidelines
- One to one nursing care if required
- Specialist equipment provided for personal use e.g. walking aids, FES equipment, wheelchairs
- Splinting and orthotics
- Botulinum toxin
- Additional medical consultations
- Sundry items will be charged directly
- Additional services can be arranged, e.g. hairdressing, dentistry, opticians and podiatry which will be billed directly

STEPS standard terms and conditions would apply for each package of rehabilitation



Therapies

Acupuncture

Acupuncture is one of the oldest established forms of healthcare in the world. The focus is on you as an individual, not your illness, treating you holistically. Acupuncture can be used for pain relief as well as to improve blood flow and stimulate the nerves and muscles.

Aquatic Therapy

Aquatic therapy is carried out in our fully accessible, state of the art stainless steel therapy pool, with a temperature of 34-35 degrees. Individualised programs are developed, fully utilising the properties of water to maximise function in an environment which can promote pain relief, muscle relaxation and increased freedom of movement, thus aiding the rehabilitation process.

Neuropsychology

The neuropsychology team at STEPS can provide neuropsychological assessments to quantify any changes in thinking which can occur following a brain injury, such as reduced attention, memory difficulties and problems with planning. Behavioural and emotional factors will also be assessed and an individual's values and goals will be explored.

These assessments can then be used to highlight current strengths and weaknesses, and to guide the development of a cognitive rehabilitation programme. Such a programme will focus on any difficulties arising after an injury and provide the individual with alternative ways of functioning in daily life. The neuropsychology team works closely with occupational therapy and speech and language therapy teams to identify appropriate strategies.

Psychological Therapies

Following a significant trauma, individuals may present with post traumatic stress symptoms. Evidence based interventions offered can include trauma focused cognitive behavioural therapy and EMDR. Other psychological therapies can include: mindfulness approaches and time limited treatments to support individuals to manage symptoms of depression and anxiety. Without treatment these symptoms can lead to greater difficulty coping and increased distress.

Psychological Art Therapies

STEPS are working alongside Chroma's team of art psychotherapists and neurologic music therapists to design arts-based interventions that seek to optimise rehab outcomes and re-frame the client's relationship with rehabilitation. STEPS currently offer group and individual therapy programmes, which include working with the clients and their families.

Occupational Therapy

Occupational therapy provides practical support to empower people to facilitate recovery and overcome barriers to doing the activities (or occupations) that matter to them. This support increases people's independence and satisfaction in all aspects of life.

"Occupation" as a term refers to practical and purposeful activities that allow people to live independently and have a sense of identity. This could be essential day-to-day tasks such as self-care, work or leisure.

Physiotherapy

Physiotherapy is a physical medicine and rehabilitation speciality that remediates impairments and promotes mobility, function and quality of life through examination, diagnosis, prognosis and physical intervention. We have a team of neuro and orthopaedic specialist physiotherapists and will use a variety of different "hands on" treatment techniques and assisted technology.



Speech and Language Therapy

Speech and language therapy (SLT) at STEPS covers a wide range of needs including supporting people with communication difficulties that result from neurological conditions. The team works with people to rehabilitate specific skills such as having conversations, reading and writing, using computers and technology. SLT is there to support people with changes to their speech (Dysarthria) and difficulties with using and understanding language (Aphasia). STEPS has links with the Assistive Technology Service in Barnsley and can work with clients to use a variety of access methods to communicate, including eye gaze and switches.

We also assess and manage swallowing difficulties (Dysphagia), advise on safe eating and drinking strategies and support people in reaching their potential when it comes to chewing and swallowing.

Spasticity Management

Botox (Botulinum Toxin) injections can be used to treat clients with severe muscle stiffness (spasticity) or abnormal limb positioning following stroke or as a result of other neurological conditions including multiple sclerosis or dystonia.

These injections are given via a special needle into the muscle or muscles that are over active. Physiotherapy is then needed to provide exercises and stretches and in some cases wearing a splint is also necessary. **Botulinum** only works when it is carried out in conjunction with physiotherapy.

It takes 7-10 days to take effect and usually injections are repeated every 3-4 months if found effective. The STEPS spasticity management clinic offers this service to residential and day clients.

Vestibular Rehabilitation

Vestibular rehabilitation uses a range of specialist exercises and manual techniques to treat dizziness and balance difficulties. These difficulties may arise due to problems with the inner ear such as BPPV (benign paroxysmal positional vertigo) or Vestibular Neuritis or alternatively due to head injury, concussion or vestibular migraine. Two of our physiotherapists have completed post graduate training in Vestibular Rehab and have a keen interest in this area. More information can be found at <http://vestibular.org/understanding-vestibular-disorder>

Adjuncts to Therapy

Functional Electrical Stimulation (FES) is a technique used to produce contractions in paralysed muscles by the application of small pulses of electrical stimulation to nerves that supply the paralysed muscle.

Splinting and Casting. Splints and casts can be used to maintain joint range and to help regain range of movement to improve function. They may also be used to provide support to joints to aid stability where required.

Group Work

There are a colourful variety of groups that will be an important part of your rehabilitation. These take place daily and they will be suited to individual needs. These groups will be a fun way of regaining lost skills as well as learning new ones during your stay.

- kitchen skills
- gardening/floristry
- book club
- media/news/current affairs
- computer/IT skills
- breakfast club
- lunch club
- music appreciation
- pilates/tai chi mash up
- voice skills
- art
- shopping
- wheelchair skills
- wheelchair dance
- games

Off-site Rehabilitation

Climbing: Currently we take a group of clients weekly to the Foundry (a local climbing centre) where we work with the instructors from *Climbing For All* to deliver climbing sessions as part of the rehabilitation programme. Climbing involves problem solving as well as physical skill and dexterity which makes it a fantastic, inclusive activity for rehabilitation.

Horse riding: We work with a local riding centre to provide horse riding and horse care sessions as part of a rehabilitation programme for clients who have previous experience in this activity or who would like to try something new which benefits their recovery.

All off-site activities allow clients to work on social skills and cognitive skills, as well as having fun without always being aware of the complex rehabilitation that is taking place when bringing lots of skills together. We are continuing to develop more links and trying out a range of activities including skiing, ice skating and hand cycling.

STEPS Rehabilitation Ltd

General Enquiries: 0114 258 7769
Referrals/Admissions: 07895 804685

hello@stepsrehabilitation.co.uk

Alexander House, 30 Troutbeck Road
Sheffield S7 2QA



“ TO THE STEPS SAVIOURS! I would like to thank every member of staff for the outstanding support you have given me; words cannot describe how grateful I am. You have saved my life, this is a magical place!! My stay here as been exceptional which is down to the wonderful people you are. A world of ‘thank yous’!

”

David Noblet – a residential client

“ It’s been a few months since I started at STEPS. I have muscular dystrophy and hadn’t had any physiotherapy/hydrotherapy for a number of years on a regular basis so I felt low in myself and my health was deteriorating. Coming to STEPS has made me feel a lot better in myself. All the staff from Tom and Lottie at reception, to Lucy and Karen the physios, and all of the rehab assistants make you feel welcome and can’t do enough for you. I would highly recommend STEPS Rehabilitation.

”

Tony – a day rehabilitation client

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