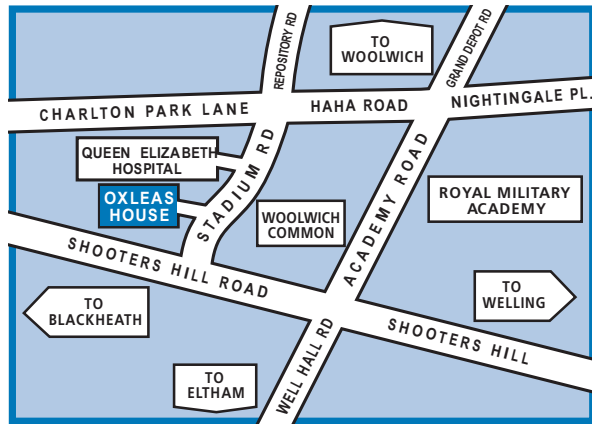


How to find Shepherdleas Ward Oxleas House



**Oxleas House is based on the
Queen Elizabeth Hospital site
Stadium Road
Woolwich
SE18 4QH
Tel: 020 8836 6692
Fax: 020 8836 6659/6671**

Buses: Routes 161, 291, 386, 486, 469 and
Mobility bus routes 855 and 856

Trains: The nearest station is Woolwich Arsenal.
It is a 10 minute taxi ride away.

Car parking: There is limited pay and
display car parking on the hospital site.

Introducing...

The Inpatient Therapy Service

**Information for service users
and carers**



May 2010

improving lives

Oxleas **NHS**
NHS Foundation Trust

What is the Inpatient Therapy Service?

We are part of Oxleas NHS Foundation Trust, providing access to a range of therapeutic assessments and interventions for older people with mental health problems while they are receiving treatment on Shepherdleas Ward, Oxleas House, Queen Elizabeth Hospital.

Who do we offer a service to?

All those admitted to Shepherdleas Ward, and their carers' and family members.

Who are we?

Clinical Psychologists, Occupational Therapists, Occupational Therapy Technical Instructors, Specialist Psychological Therapist, Physiotherapist, Speech and Language Therapist, and an Art therapist.

How am I referred to the Inpatient Therapy Service and what happens next?

One of the Occupational Therapy team will meet with you in the days following your admission to the wards. The Occupational Therapist will discuss your current difficulties and review the group programme with you. You will have the opportunity to discuss the different groups we run on the ward and to plan to attend if you feel you could benefit. You will be given a copy of the group programme for reference.

You may be referred to the Therapy Service for individual, group or family therapy by a member of the multi-disciplinary ward team. If you are interested in being referred please talk to a member of the ward staff.

If you or a family member have questions regarding access to the Therapy Service you can also discuss this at the ward round when the doctor can refer you directly.

How do we deliver our services?

1. Specialist assessment and intervention: this would be with one or more of the Therapy Service team, for example the Occupational Therapist can assess you in your home environment to identify ways to increase your independence and safety after discharge; the Physiotherapist can assess your mobility, or the Speech and Language Therapist can assess problems with communication and difficulties you may have with swallowing. Following assessment the Therapist will discuss particular interventions to assist with the identified problems.
2. Individual therapeutic work: This would involve a series of meetings with one of the Therapists from the team such as a Clinical Psychologist. This could be to work on a particular issue such as anxiety management or bereavement, for a specified number of sessions.
3. Family Therapy: This would involve members of your family including yourself, meeting with one or more therapists for a specified number of sessions.
4. Group work: We offer a range of groups which aim to help you with your current problems whilst also getting support from others who may be experiencing similar difficulties. The types of groups we offer include educational groups, activity groups and talking groups. The staff member who meets with you will explain the groups and the benefits of attending. We may also suggest attending some groups in the community Therapy Service at the Memorial Hospital (transport is provided).

Please approach the Therapy Service staff on the ward or ask your primary nurse to forward a message to us if you would like to discuss input from the Therapy Service.