Before the therapist assesses you they will ask for your permission. At any stage you are free to say no, or to ask for more information before you make up your mind.

Following assessment you will be given verbal information about appropriate treatment options so that you can make an informed decision of what you want to do.

You may be asked to sign a form to consent to certain treatments.

If you choose not to have treatment then this choice will not prejudice any future care from our service or any other NHS service.

If appropriate you may be seen by an assistant practitioner, or by a student physiotherapist who will be accompanied by a qualified physiotherapist.

If you have any concerns about this please let us know.

**Our patients matter**

*Mersey Care NHS Foundation Trust* listens and responds to patients and their carers to help improve the services we deliver.

If you have any comments, compliments or concerns you can speak with a member of staff or contact our [Patient Advice and Liaison Service (PALS) and Complaints Team](#)

- **Telephone:** *0151 471 2377*
- **Freephone:** *0800 328 2941*
- **Email:** *palsandcomplaints@merseycare.nhs.uk*

To request the leaflet in an alternative format or language please contact the [Equality and Diversity Team](#).

- **Telephone:** *0151 472 4758*
- **Email:** *equality2@merseycare.nhs.uk*

*Mersey Care NHS Foundation Trust*

V7 Building, Kings Business Park, Prescot L34 1PJ

October 2018
Who are we?
We are a team of physiotherapists providing physiotherapy to the local adult population within their home environment, and where appropriate, other community settings.

We provide a service to people who are housebound, or who are best treated at home.

What do we do?
We assess and then provide advice, education and treatment for people with a range of physical problems.

These may be caused by accidents, ageing, disease or disability.

We aim to promote independence and improve quality of life.

What treatment will I receive?
Depending upon your needs you will be directed on to one of the following specialist pathways; neurological rehabilitation, care homes, falls prevention or specialist community.

Following assessment your physiotherapist may offer you one or more of the following treatments:

- an individualised home exercise programme
- advice on how to manage your condition
- falls prevention advice
- advice regarding suitable equipment
- provision of appropriate mobility aids from the affected area
- pain management, e.g. TENS, acupuncture
- provision of information regarding services that may be of help to you.

What do I need to do?
In order to achieve the best results we need you to participate in treatment sessions, and in between our visits to continue with the advice and exercises as directed by your physiotherapist.

It will be important for you to continue with your self management advice on discharge from our service to ensure you maintain your maximum level of independence and function.

Your health and wellbeing is important to us. Our staff can provide advice and guidance about staying healthy and feeling good about yourself.

We can also direct you to other services or activities which may be able to help.

Contact information
Community Physiotherapy
Baylis Suite 2
Liverpool Innovation Park
Edge Lane, L7 9NJ
Tel: 0151 295 3988