

Priory's reablement service

Adult level 1 rehabilitation, inpatient services

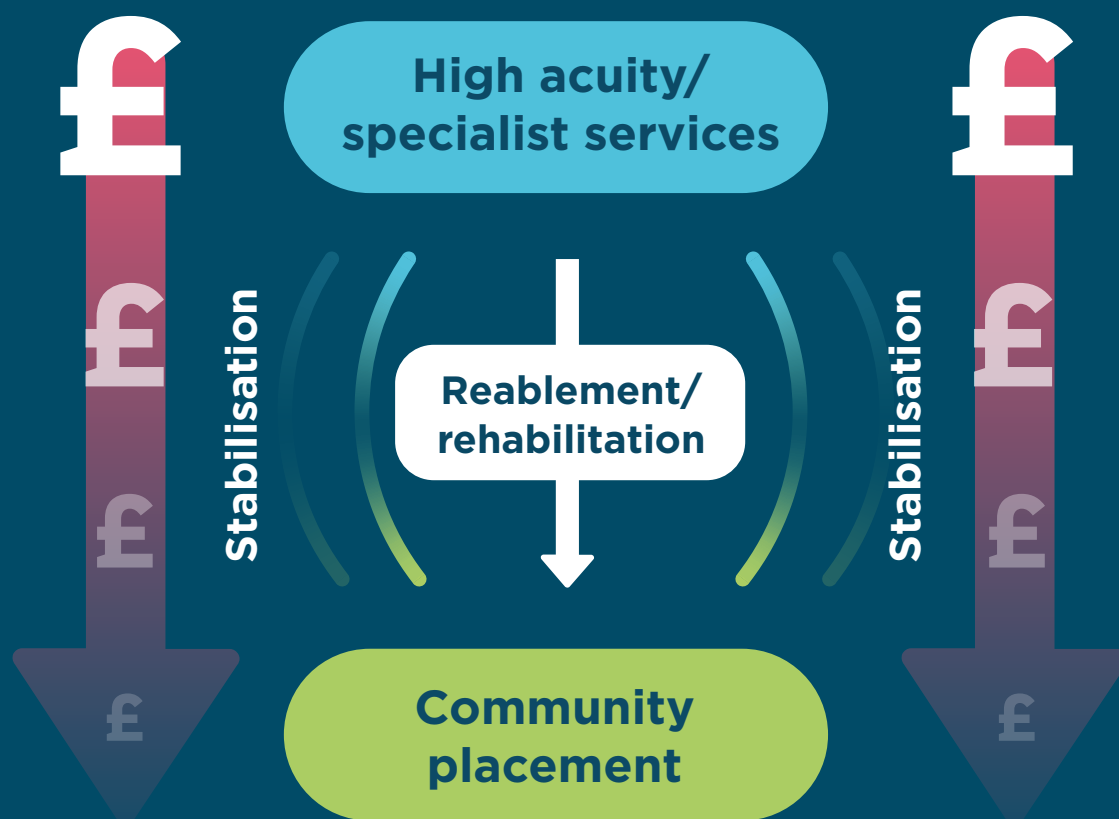


Live your life

Supporting NHS initiatives and the 10-year plan

Priory's reablement programme is a seamless, transitional, level 1 service for adults who are stepping down from acute, secure, psychiatric intensive care, or inpatient rehabilitation. It is designed for people who are not yet ready for full community discharge, or who may be awaiting the completion of a community placement.

The service focuses on shorter, time-limited stays with clear goals, while also offering flexibility to ensure individuals achieve recovery-oriented outcomes, in the least restrictive environment.





“The NHS has a clear focus on strengthening community and neighbourhood care, to shift care from hospital to community.”

Aims and impacts



- + Support patients to return to the community safely and as soon as possible
- + Reduce lengths of stay, prevent relapse, and avoid patients becoming ‘stuck’ in the system
- + Provide appropriate, least-restrictive care to minimise the risk of re-admission
- + Support the NHS by freeing up beds and improving patient flow
- + Deliver cost-effective care by avoiding admissions to higher-acuity or more secure services than clinically necessary
- + Contribute to the broader goals of the NHS long-term plan

Who would benefit from our reablement service?



- + Individuals who lack access to a suitable discharge placement but are clinically ready for community discharge
- + People who require further assessment before a discharge placement is identified
- + Patients currently placed out of area, who need repatriation
- + Individuals needing additional intervention, but not a long-term rehabilitation admission
- + People awaiting specialist rehabilitation admission or allocation of additional professionals
- + Adults with complex psychosis and residual functional impairment, after stabilisation in an acute, PICU, or inpatient rehabilitation service
- + People requiring short-stay inpatient rehabilitation to ensure a rapid return to the community
- + Those who have lost independence but can re-learn daily living skills
- + Individuals awaiting discharge approval, a community treatment order, or housing arrangements
- + Adults aged 18+ diagnosed with a mental health disorder, who have received inpatient treatment
- + Informal patients or those detained under the Mental Health Act



We align our services with NICE guidelines, AIMS accreditation and the high standards of care overseen by the care quality commission.

Service summary



Priory Healthcare has a strong breadth of expertise across full multidisciplinary teams, providing a nationwide network of hospitals offering evidence-based treatment plans and clinically supportive environments, across a number of different service lines. We are also supported by residential and supported living services across Priory Adult Care, providing a seamless and robust pathway of care, all under one name.

We build strong and consistent relationships and work collaboratively for the benefit of the patient. This includes co-producing care plans with input from patients, home mental health teams and/or carers, helping patients to define and achieve their own recovery goals.

We use clinical formulations and adopt a positive risk-taking approach, to develop a comprehensive understanding of our patients, to ensure they receive the right care, at the right time and place, for their individual needs.

Patients in Priory's level 1 reablement service will have access to our experienced multidisciplinary teams:

- + A named nurse and regular 1:1 sessions
- + A named consultant psychiatrist
- + Weekly ward rounds with a ward manager
- + Occupational therapy
- + Psychology
- + Physical health/fitness advisors
- + Advocacy - IMHA/IMCA from local authority
- + A social worker - may be provided from local authority or Priory
- + Peer supporters and innovative service models produced with those with lived experience

Our environments



We believe the environment in which people are treated is just as important as the care itself. Across our hospitals, we provide:

- + Single en-suite bedrooms for privacy and comfort
- + Open, low-stimulus wards to promote calm and wellbeing
- + Teaching kitchens for activities of daily living
- + Private therapy rooms for individual sessions
- + Communal areas, including a gym, computer room, gardens, and quiet lounges
- + Digital access (smartphones/computers) where safe, supporting independence and community connection
- + Faith, spiritual, and culturally competent support, on-site and via community links
- + Sensory resources for relaxation and regulation
- + Flexible mealtime and activity schedules
- + Communication support, including interpreters and communication passports
- + Clear information on rights and the complaints process
- + Accessible facilities
- + Orientation and navigation aids
- + Signage, maps, or induction materials for new patients to feel confident moving around
- + Spaces for external professionals, volunteering, or community groups to interact with patients

Interventions

We take an holistic approach, working with health, housing, and social care partners to provide joined-up support. Our evidence-based interventions include:

- + Psychological therapies: cognitive behavioural therapy (CBT), eye movement desensitisation and reprocessing (EMDR), anger management, and trauma-informed approaches
- + Assessment and support for neurodiversity: autism and ADHD assessments
- + Positive behaviour support: monitoring and reducing restrictions to promote safety and independence
- + Physical health support: routine health checks, exercise, and diet guidance
- + Substance use support and harm reduction interventions where needed
- + Medication management and psychoeducation to support recovery and adherence
- + Crisis planning and relapse prevention: personalised safety plans to reduce the risk of readmission
- + Co-produced discharge planning: patients actively involved in planning, shared at least 7 days before discharge
- + Local orientation: helping individuals reconnect with their local community after long hospital stays or out-of-area placements
- + Life skills and daily living support: cooking, budgeting, travel training, and employment preparation
- + Peer support and mentorship from individuals with lived experience
- + Digital skills support: helping patients access services and resources online
- + Community integration: education, volunteering, training, and supported employment opportunities
- + Family and carer involvement: education, meetings, and shared care planning



Reablement pathways

Our stepped recovery plans are based on individual needs, whilst ensuring clear time-oriented goals. Whilst we remain flexible to each individual's needs, our aim is to reduce lengths of stay and uphold clear discharge plans:



Summary of intended outcomes



- + Provide short-term, intensive support to help individuals regain independence after an acute episode or hospital discharge
- + Promote functional gains and recovery of daily living skills
- + Reduce hospital readmissions and prevent relapse
- + Minimise the need for ongoing care and long-term support
- + Improve patient flow and create cost savings by freeing up hospital beds
- + Enhance patient satisfaction, wellbeing and quality of life
- + Support safe and sustainable community integration
- + Build resilience and confidence to maintain independence



Supporting the local health economy



- + Create partnerships that blend health and social care budgets, to allow more complex individuals to be supported in the community
- + Take a new value-based approach, that aligns resources to commissioning, and achieving better outcomes
- + Drive best value and outcomes
- + Maximise productivity and outcomes



Contact us

For more information about how Priory can support you, or to make a referral into any of our services, please contact us and a member of our team will be happy to help:

Call: 0800 090 1356

Email: info@priorygroup.com

Our reablement services are delivered locally and provision may differ between sites. Please contact us for details on availability and the support available in your area.

Priory rehabilitation services across the UK

