

# QEF Neuro Rehabilitation Services

QEF's outpatient rehabilitation services provide expert, multi-disciplinary therapies to help people regain life skills after an acquired disability such as a stroke or acquired brain injury.



# QEF

queen elizabeth's  
foundation for  
disabled people

achieving  
goals for life  
[qef.org.uk](http://qef.org.uk)

## OUTPATIENT SERVICES

**Our outpatient therapy services provide expert assessment and treatment for adults over 18 with acquired disabilities. Conditions treated include:**

- Acquired brain injury
- Stroke
- Multiple Sclerosis
- Parkinson's disease
- Guillan-Barré Syndrome
- Spinal injury
- Primary central nervous system tumours (brain and spinal)
- Cerebral Palsy
- Other neurological and neurodegenerative conditions

Based in Banstead, Surrey, we offer a multi-disciplinary team of therapists who work with clients to maximise their recovery and help them regain function, so they can achieve the best possible quality of life. In every case we provide a comprehensive assessment, followed by a structured individual therapy programme focusing on the client's identified needs. We involve families and carers in all rehabilitation and management.

### Physiotherapy

Our physiotherapists aim to improve posture, muscle strength, flexibility, balance and coordination through specific handling techniques. Programmes may include exercises, stretching, and walking practice. Our gym provides access to specialist equipment including tilt tables, standing frames, a walking harness, treadmill, and FES (Functional Electrical Stimulation) machines.

*Our physiotherapists are members of the Chartered Society of Physiotherapy and the Health & Care Professions Council*

### Speech and Language Therapy

Our speech and language therapists work with people with impaired communication, speech and language. They also help people who have difficulties with feeding and swallowing.

*Our speech and language therapists are members of the Royal College of Speech and Language Therapists and the Health & Care Professions Council*

### TONI SAYS:

"After suffering a brain-stem stroke I found myself unable to move from my neck down or speak. Thankfully QEF allows outpatients to use their fantastic facilities, and the professional staff ensure that I have never looked back. The visits for physiotherapy at QEF have become a highlight of my week."

*Written on my eye-gaze computer*

## Occupational Therapy

Using a combination of rehabilitation techniques, as well as compensatory strategies or environmental adaptation, our occupational therapists are experienced in assessing and treating clients in managing everyday living tasks. These could include personal care, domestic activities, household management, wheelchair assessments and community access. We also help with access to driving, if appropriate.

*Our occupational therapists are members of the Royal College of Occupational Therapists and the Health & Care Professions Council*

## Psychology

Our clinical psychologists support individuals, couples and families in coping with the impact of acquired disabilities such as stroke or brain injury. This work can involve individual and/or family psychological therapy sessions, learning strategies to manage cognitive or behavioural difficulties, assessments of cognitive abilities and capacity to make decisions.

*Our psychologists are registered with the Health & Care Professions Council*



## DAVID'S STORY

**David had a stroke in 1999. He visits QEF once a month, working with the outpatient physio team. He is full of praise:**

"I've been coming here for six years, and it's the best place in the area for neuro physiotherapy. My arm needs to be kept flexible to avoid it tightening up and hurting, and the exercises they give me really help. I enjoy it here – the physios always have my best interests at heart."



## JENNY'S STORY

**Jenny has Multiple Sclerosis. When she first came here in 2015 she used a walking frame, and needed a wheelchair. Now she walks with crutches, and says:**

"QEF has offered me hope and the confidence to do things I never thought I'd do again. The physios are excellent at analysing exactly where my weaknesses are, and suggesting ways in which I might improve further."

**CONTACT US NOW to find out how we can help**

For more information and to book an assessment, call **01737 356 222** or email **neurorehab@qef.org.uk**.

QEF Neuro Rehabilitation Services  
Banstead Place, Park Road, Banstead SM7 3EE

Registered Charity No. 251051

Rated 'Good' in all  
areas by the Care  
Quality Commission  
(CQC)

July 2017