



## Specialist care for spinal injury, tracheostomy management and ventilated care

*every day better*

**2.5  
million**

people worldwide live with paralysis caused by a spinal injury.

“

Exemplar offers a truly supportive rehabilitation environment which focuses on restoring a person's independence and developing functional skills.”

**Helen Baxendale**  
Clinical Director  
Exemplar Health Care

Many acute conditions and injuries need intensive and specialist care, but this shouldn't always mean being cared for in a highly medical environment far from home. At Exemplar we specialise in providing complex care in community settings to meet a wide range of clinical needs.

Our specialist care, delivered in an environment where people can feel at home, allows people to have more choice about the type of care they receive, be closer to friends and family, and still receive the highly specialist care they need.

### Spinal injury rehabilitation

Following a spinal injury people are cared for in an acute spinal injury unit. There are very few in the country and many people are forced to live away from their families in this initial recovery phase.

As a person begins to recover, they continue to need specialist care and rehabilitation to help increase their functionality and adapt psychologically to the trauma of their injuries.

Our community homes are equipped to provide specialist spinal injury care and rehabilitation, allowing people to live closer to family in a comfortable environment built for recovery and rehabilitation. We believe it is important to provide not just physical support such as physiotherapy and ongoing functional skills rehabilitation, but to provide a socially stimulating environment to aid recovery of the mind through art and music therapy. Practical support is also available, such as acquiring and using an electric wheelchair, innovative IT solutions to aid independence or advice on applying for benefits.



### Tracheostomy management and ventilated care

People requiring tracheostomy management and ventilated care need very specialist and continual care. Tracheostomy tubes must be cleaned and inspected regularly, and special attention paid to the stoma (the hole in a person's throat made for a permanent tracheostomy) and placement of the tube.

The new unit at Willowbeck provides the ideal environment for rehabilitation and recovery, with the team delivering our ethos of restored choice and increased independence with the best quality nursing and support. We work in partnership with other organisations, including spinal injury professionals, so referrals can be made for ongoing peer support.

There is no one size fits all care package. We believe that people should have choice and control over their care, and we work together to set goals, which may include:

- The confidence to transfer from bed to chair independently
- Using a wheelchair safely and effectively
- Sourcing and using innovative IT solutions to aid independence and meet goals
- Undertaking all aspects of daily living
- Returning home.

## Case study

### Michael's journey at Exemplar

Six years ago, Michael was out with his family when he suddenly fell. That was Michael's last memory before he woke up in hospital unable to move.

In a hospital far from home, his wife was only able to visit once a month, and, moreover, his recovery seemed to stall as the physiotherapy he was receiving wasn't improving his sensation or movement.

Six months later, Michael was transferred to Exemplar – bringing him closer to home so his wife could visit much more easily, and giving him a home-from-home environment, where he could be comfortable and encouraged on his rehabilitation journey.

With the right environment for recovery, and physiotherapy four to five times a week, Michael has been able to regain sensation in his legs, as well as movement in one arm. Crucially, this allows him to operate an electric wheelchair, and he now has one of his own at the home.

Michael credits the physio sessions and the encouragement he receives from the care home team for his recovery to date. Without that, he says: "I would never have been able to regain the movement I have. I don't like giving up, I never have – so I'm pleased the ethos of everyone here is to keep going."

### Willowbeck: complex nursing support in a non-clinical setting

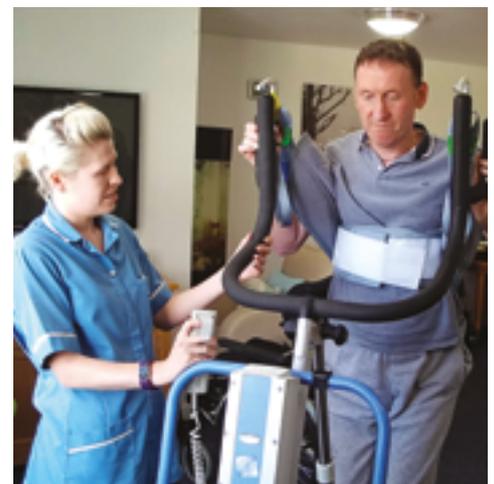
At Willowbeck in Sheffield, our specialist teams provide high level nursing care in a homely setting. The home has been redeveloped to include additional beds for people living with complex physical disabilities.

The Ladybower unit provides 21 beds for people living with a range of complex needs arising from brain injuries and neurodegenerative conditions. This includes care for people needing tracheostomy management and ventilated care.

The new development includes a physical rehabilitation unit providing specialist care for people recovering from spinal injuries.

#### The specialist team includes:

- Specialist nurses
- A physiotherapist and physiotherapy assistant
- Care and support staff
- Art therapist
- Lifeskill coordinators.



### Make a referral or enquire about a placement

01709 565777

referrals@exemplarhc.com

www.exemplarhc.com

