

Spruce House

Neuro-rehabilitation Unit • Brain Injury • [Patient Information](#)

Can my family be involved?

The team will meet with your family after you arrive in Spruce to discuss goals and help to plan for your needs after you leave the Unit. We also aim to highlight community services to support you and your family.

Can you leave Spruce to make visits?

As long as patients are physically and mentally well enough and have adequate care and supervision to maintain their safety out of the Unit, home visits are encouraged.

Prior to a visit, assessments and a team discussion will be required. Visits help to integrate patients back into the community in preparation for discharge.

What happens when you leave Spruce House?

Following a brain injury many people are able to return to their own homes. Some may need adaptations to their home environment. For others a return home is not possible and alternative arrangements can then be discussed, for example, nursing home or supported accommodation.

The impact of brain injury is often long term. Patients with brain injury and on-going physical, psychological and social difficulties are referred to the Community Brain Injury Team, who provide rehab support in the community .

CONTACT SPRUCE HOUSE: 028 7129 6218

This leaflet is also available in alternative formats on request.



 Western Health
and Social Care Trust

Spruce House

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If you are reading this then you or someone close to you has probably suffered a brain injury.

Since our brain controls everything in our bodies, a brain injury can affect us in many different ways: from how we walk and talk, to the way we think and feel. The effect of a brain injury depends on which part of your brain has been damaged and how severely.

Recovery from brain injury takes time and requires specialist support from a rehabilitation team.

Spruce House is a specialist neuro-rehabilitation unit on the grounds of Altnagelvin Hospital. It provides rehabilitation programmes to those with disabilities related to brain injury and other neurological conditions.

Neuro-rehabilitation is work that you do with our rehab team to enable you to achieve the best possible outcome after your brain injury. This begins in the Unit and may continue after you leave.

The Rehab Team includes the following

A Consultant in Rehabilitation Medicine oversees your journey through the rehabilitation process and looks after medical needs including investigations and symptom management.

Nurses and Nursing Assistants provide 24 hour care. Our nurses have specialised training in rehabilitation and provide daily medical support and education.

Occupational Therapists aim to increase your independence in all areas of your daily routine such as: transfers e.g. chair, bed, toilet; personal care; cognitive function e.g. memory, attention; meal preparation and community re-integration.

Physiotherapists assess for any difficulties you have with moving your arms and legs, balance and walking. Physiotherapy treatment is aimed to promote as much function and independence as possible.

Clinical Psychologists assess how brain injury has impacted on your thinking skills e.g. memory problems and emotional wellbeing. Therapeutic support is offered to aid adjustment and acceptance of changed abilities.

We have access to other specialities such as speech and language therapy, dieticians, podiatry, as required. During your stay we can liaise with community social workers.

What happens when you arrive?

After being admitted by a doctor and nurse, each patient is allocated a Named Nurse and a Key Worker. Your Key Worker plays an important role in co-ordinating your care and is the best point of contact to discuss or direct queries.

How long will you be staying?

Following admission the rehab team will set realistic rehab goals with you and set a time scale to achieve these. We will also discuss your wishes regarding discharge. You are then regularly monitored to ensure that you are benefitting from in-patient rehabilitation. Your length of stay will therefore depend on your progress.