



# A better quality of life

The therapy team at St Monica Trust play a key role in enhancing the quality of life for residents across all our care homes.

This team of physiotherapists, occupational therapists, and their assistants provide advice, support and treatments so residents can remain as physically active, mentally stimulated and socially engaged as possible.

For residents this can enhance their mobility, independence and well-being, helping them continue to lead lives with meaning and purpose.

Every St Monica Trust care home has a dedicated team on-site, so they can work proactively with residents and respond quickly whenever their skills are required.



**Available for all  
as part of the service**  
Unlike other care providers,  
there are no additional  
charges for Physiotherapy  
and Occupational Therapy  
at St Monica Trust.

# The team

Working as a multi-disciplinary team, and with particular experience in the care of older people, our physiotherapists, occupational therapists, and their assistants are able to offer a diverse range of treatments. The range compares favourably with the treatments available through the NHS, however as the team is based on-site access is both easier and quicker.

The team's person-centred approach focuses on the individual needs of each resident, including longer term goals to help them live their lives to the full.

As members of the team are based in each home they can form lasting relationships with residents and their relatives.

Having a friendly face around helps remove anxiety during assessment and treatment – it's also a more positive experience for residents when it comes to motivation.

Being results-driven the team are able to dedicate more time with residents so they can achieve their goals with some amazing results, such as successfully helping residents to get back on their feet, made possible only by the dedicated time provided by the team.





# A better care home

Although the main focus of the therapy team is the needs of the individual, their impact is felt across the whole care home. Working closely with our activity coordinators they help ensure more residents can enjoy a programme of activities that are aimed at improving individual well-being.

The therapy team also provides guidance on the use of space and equipment within our homes.

Our care and support staff also benefit from training sessions run by the therapy team. This training enables our staff to promote and encourage mobility, independence and well-being as part of their daily routines.





*"I visited mum yesterday and she was the best she has been for a long time. She told me you were coming back and you would get her walking again! I asked her how she felt and she said she was feeling really good."*  
**Resident's family member**

*"It is always a pleasure working with St Monica Trust as the quality and professionalism of the service to the residents from the therapy team makes a real difference to their lives."*  
**Occupational therapist**

*"You help bring out the best in me."*  
**Resident**

# How the therapy team support the residents

## Promoting independence

Supporting residents to remain mobile and function as independently as possible.

## Assessment and treatment of musculoskeletal injuries

To support healing and manage symptoms. Treatments available include equipment provision, exercise, electrotherapy and hands on therapy.

## Rehabilitation

Supporting residents' recovery from illness and injury.

## Promoting activity

Keeping residents active through individual or group exercise and activities.

## Reducing the risk of falls

By assessing factors such as balance, strength and the environment the therapy team play an important role in reducing the risk of falls for residents.

## Posture and seating

Ensuring residents enjoy the right seating for their needs (armchairs and wheelchairs) to promote comfort and social engagement, for both the body and the mind.

## Supporting long term conditions

Ranging from persistent pain, orthopaedic conditions such as arthritis, to neurological conditions such as Parkinson's disease, and dementia.



St Monica Trust

For more information on  
Physiotherapy and Occupational Therapy

[www.csp.org.uk](http://www.csp.org.uk)

[www.rcot.co.uk](http://www.rcot.co.uk)

To contact our admissions team please call

**0800 952 0300**

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