

Continuing your ongoing hospital care at Ashton

Information for Patients

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Welcome

Welcome to University Hospitals of Leicester (UHL) at Ashton where an interim care service is managed by Leicester's hospitals. Ashton is in Hinckley with 24 beds, for patients who no longer need care in a hospital setting, but are not quite ready to go home.

This leaflet provides you with information and advice about your stay at Ashton. Our aim is to work with you over a short period to provide the best care and experience to enable you to be discharged safely.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Why am I going to Ashton?

As your doctor or nurse talked to you about, you no longer need medical care in a hospital so it's time to plan for you to go home. The team at Ashton will continue to support you and your family with this.

The health and social care team at the home are trained and will work with you, encouraging you to gain confidence, grow stronger and regain some independence so that you can return home or to another care home (with or without additional support).



What will happen while I am here?

- We will encourage you to get mobile and do things by yourself where you can.
- The physiotherapy team will continue to work with you.
- You can wear your own clothes and will be encouraged to join other residents in the day room for activities.
- **Your ongoing rehabilitation and recovery** - we recognise your time is important, and as a team we discuss your care daily and aim to keep you updated. We will also involve your carers or next of kin if we have your permission.

How will my stay at Ashton help me?

The physical and mental wellbeing benefits of getting back home as soon as possible are well known. Long stays in hospital can increase the risk of not regaining your independence more quickly.

That's why we will encourage you to be as independent as possible.

We will continue to plan your discharge safely, and at the right time. You will stay at Ashton until your discharge plan is in place and ready for you.



Independence is our value and our service objective is:

'Working together as a team to facilitate a safe discharge, by working with patients to achieve their goals and return home as independently as possible'.



What is Ashton like?

Ashton has single occupancy bedrooms with private toileting and showering facilities. There is also a large day room, dining area and a therapy assessment kitchen.

There are gardens surrounding the area.

Our hope is that you will join us in the day room as much as possible for activities and games.

If you ever need any help or assistance during your stay, there is a call bell in your room that will alert the nurses that you need help.



Top tips for your stay

- **Keep active** - try to do the exercises you've been given 2 or 3 times a day on your own. Follow any advice on walking and transfers that you can do in between your therapy sessions. The more you do, the more progress you will see and the quicker you can go home.
- **Keep hydrated** - keep drinking and eating to ensure your body can perform at its best.
- **Keep changing your position** - try to sit out in your chair or the day room. This will help keep your body and mind active, and help increase your strength and confidence to be independent. Staying in bed usually leads to your recovery taking longer.

If you are unsure what you can and can't do on your own safely, or have any concerns or pain, please stop and speak to a member of the team who will help you.

Frequently asked questions

Where is Ashton?

The address is - Ashton Care Home, John Street, Hinckley LE19 1UY.

Leicester's hospitals (UHL NHS Trust) manages an interim care service here, as a bridge between hospital and home, or another place of care.

There is car parking in front of the main care home building.

UHL at Ashton has a separate signposted entrance at the side of the building.

Who will look after me?

You will be looked after by staff from Leicester's hospitals. These are nurses, health care support workers, trainee nursing associates and their practice assessors, as well as therapy staff from our hospitals.

Can my relatives visit me?

Yes. However, at certain times visiting may be limited (e.g. during a pandemic to maintain everyone's safety). This is reviewed regularly, and we encourage virtual forms of contact by use of mobile phones and tablets to keep in touch where possible. For the most up-to-date information please contact the UHL team at Ashton directly.

How long will I be here?

This will depend on your onward discharge destination. Our aim is that you will be here for as short a time as possible. You will only be discharged once you are ready to go.

What if I still have care needs when I leave?

The team will talk to you and your relatives about your ongoing discharge needs. This may involve asking what support your family can provide, alongside care staff, what equipment you need, and what facilities are in your local area. The team will assess your needs before you go home so that the support you need is in place.

What do I need to bring with me?

Please bring day clothes, nightwear and toiletries from home. We want to make the environment as homely as possible to prepare you for when you leave.

If you have one, please bring your mobile phone so you can keep in contact with your loved ones. If you have any activities you like to do at home such as reading books, crafts, or puzzles, bring them along too.

How can my relatives contact me or the team at Ashton?

The number to give your relatives to contact you or the team at Ashton is **07815 463204**.

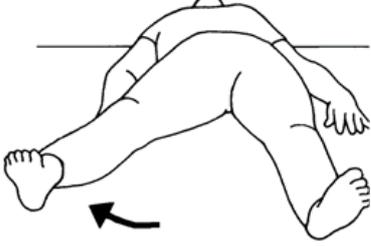
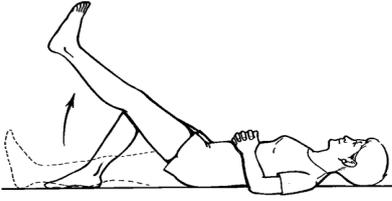
If you have any pain, stop exercises and speak to the therapy team

Chair exercises

1	 <p><small>©PhysioTools Ltd</small></p>	<p>Don't do this exercise if you have just had a hip replacement.</p> <p>Sitting on a chair, lift your leg up off the seat keeping the knee bent. Return to starting position.</p> <p>Repeat 10 times.</p> <p>Repeat on opposite leg.</p>
2	 <p><small>©PhysioTools Ltd</small></p>	<p>Pull your toes up, tighten your thigh muscle and straighten your knee.</p> <p>Hold for 5 seconds, then slowly relax your leg.</p> <p>Repeat 10 times.</p> <p>Repeat on opposite leg.</p>
3	 <p><small>©PhysioTools Ltd</small></p>	<p>Don't do this exercise without advice from our therapy team if you have an arm injury or fracture.</p> <p>Lift your arm up letting the thumb lead the way.</p> <p>Repeat 10 times.</p> <p>Repeat on opposite arm.</p>

Bed exercises

If you have any pain, stop exercises and speak to the therapy team

<p>4</p>	 <p>©Physioools</p>	<p>Lie on your back with legs out straight. Bring one leg out to the side, let your heel guide the movement and keep toes pointing upwards.</p> <p>Return leg to the start position.</p> <p>Repeat 10 times.</p> <p>Repeat on opposite leg.</p>
<p>5</p>		<p>Lying on your back, keep leg straight and lift foot off the bed/ floor about 5 inches.</p> <p>Hold for 5 seconds, then slowly lower back down.</p> <p>Repeat 10 times.</p> <p>Repeat on opposite leg.</p>
<p>6</p>		<p>Place a pillow or rolled towel under your knee.</p> <p>Raise heel off the bed/ floor until the knee is straight. Hold for 5 seconds, then lower back down.</p> <p>Repeat 10 times.</p> <p>Repeat on opposite leg.</p>
<p>7</p>		<p>In bed or in a chair - bend ankle to point foot up towards your body, and then point toes and foot down away from you.</p> <p>Repeat 10 times.</p> <p>Repeat on opposite foot.</p>

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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