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# Kate

**Kate is a Rehabilitation Assistant.**

My role as a Rehabilitation Assistant, which I have been doing for nearly three years, makes a difference in the people who I see. Before this role, I have worked as a Health Care Assistant, worked for patient transport, worked in care and a hospice for palliative and end of life patients. I started off at South Petherton Community Hospital on the stroke ward and this was a great learning curve and extremely rewarding as it made a big impact on the patients’ lives when returning home and giving them a better outlook on their life after their stay at the hospital. I’m now at Yeovil Hospital for more experience as a full time Rehabilitation Assistant. My job role is to support the patients through challenging times whether it be through mobility progress, supporting that patient to gain confidence in becoming more independent. We do this through certain simple tasks like washing and dressing, making a cup of tea or bigger tasks, which could be walking to the shop, cooking a meal, going up some stairs which the patient has chosen, or supporting them through a mentally challenging stage in their life in which a little company and support is all they need. Our main goals are to make sure our patients are safe on returning home or at an appropriate level to go to a bedded unit in which more rehabilitation is needed for their progress. This would include a falls assessment, making sure they have the correct equipment issued to them for their mobility, getting people back on their feet after an operation, or a bad fall at home even, in which would then include making sure they have enough support at home for them to be able to stay at home longer and for them to keep as much of their independence as possible. I liaise with the physiotherapists and occupational therapists, (we work as one team) as they are the ones who make a plan for each individual patient following my feedback, and then I follow the plan and progress the patient to a level which is needed for the next stage in which I then report back to my team and so they can review the patients progress for the next step. If there is anything untoward, or I need to raise a concern, I will tell a member of the team for this to be addressed as soon as possible. I will also report medical issues to the nurses. I speak to all the staff including nurses, doctors, dieticians, speech and language therapists and anybody who are involved in the patients’ care so we can keep progressing together as a team.

Working as a carer in the community, I realised there were a lot of people who needed more support at home and I wanted to try and do as much as I could to help them do the things they wanted to do independently. This is a challenge I like to do and there is a great sense of achievement in this job and I made them happy. This is when I decided I would like to become a Rehabilitation Assistant as I knew some people already working for the therapy teams at different hospitals and when they explained the job role I thought ‘why not!’ I would like to progress people who need more help with getting back on their feet I should say! To have a bigger sense of achievement and I do like a challenge so working in a hospital would be a great place to start for me!

I’m a rotational Rehabilitation Assistant, so I get to spend at least 4 months with each therapy team, as there are different teams for different patients who come in with different ailments. So in each team we have what we call in-house training, this is a brilliant learning opportunity and you get to learn all sorts of tips and techniques needed for your role and also anything in which you are not confident you can raise this up with your team at the time for them to be able teach you in the next in-house training.

I am proud to be part of such important team which holds a lot of responsibility for our patients’ outcomes. The team is very supportive and we always encourage others to be the best and to move forward, learn and develop our position or role within the therapy teams to give patients our very best. We all have good work ethics and this helps to support everyone. I have learnt a lot with this team and I’m very proud to continue my progress as a Rehabilitation Assistant within this area to support the team.

This is a great opportunity to become one of the best in the therapy teams, its gives you many ladders to climb to become better at your role with the help from lots of training which is always on tap. It’s extremely rewarding and knowing you have helped somebody in anyway is a great feeling, and every day is different, always something new to learn and to bring back to your team which is a great incentive to want to help more.

I have looked after, supported and rehabilitated lots of different people in my job role and always had a good sense of achievement when they get discharged home from hospital, and they have all been different, not one person the same, and each one of those people has been a positive one, with lots of great feedback from family, your team and of course the patient.

I feel a real asset to the Therapy. It is extremely rewarding, it has its ups and downs but all the way through my journey of rotation I have been fully supported with such fantastic members of the team. We all have a great wide range of knowledge which we are bursting at the seams to tell people and teach people along the way. We are like a close knit family and we welcome anybody in for a fun and productive ride!