

## **Proposal: Partnership Between Well Way Rehab Solutions and Care Homes in Worcestershire & Herefordshire**

### **Overview**

Well Way Rehab Solutions proposes a collaborative partnership with care homes across Worcestershire and Herefordshire to deliver high-quality, responsive, and preventative rehabilitation services. Our model integrates Physiotherapy, Occupational Therapy, and Rehabilitation Assistant (RA) support on a flexible contract basis (e.g., 12-month agreements ranging from 4–20 hours per week), tailored to the needs of each home. We also offer speech and language therapy, as well as have access to our own rehabilitation consultant.

We recognise the specific pressures within these counties, including rurality, limited access to timely NHS therapy services, and increasing demand on community healthcare teams. Our service is designed to bridge these gaps with fast, reliable, and proactive rehabilitation.

Importantly, Well Way Rehab Solutions is a specialist provider in neurological, musculoskeletal, and orthopaedic rehabilitation, enabling us to support residents with complex and long-term conditions commonly seen within care home populations.

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### **Understanding Local Challenges**

Care homes in Worcestershire and Herefordshire often face:

- Delays in accessing NHS community therapy services, particularly in rural areas
- Higher hospital admission rates linked to falls, frailty, and delayed intervention
- Workforce pressures, with care staff managing increasingly complex residents
- Limited access to ongoing preventative rehabilitation, with services often only triggered after decline

Well Way Rehab Solutions directly addresses these challenges through embedded, on-site therapy provision.

## Specialist Clinical Expertise

As a specialist provider, Well Way delivers targeted rehabilitation for:

- **Neurological conditions**
  - Stroke
  - Parkinson's disease
  - Multiple sclerosis
  - Acquired brain injury
- **Musculoskeletal conditions**
  - Chronic pain
  - Arthritis
  - Reduced mobility and deconditioning
- **Orthopaedic rehabilitation**
  - Post-fracture recovery
  - Joint replacements (hip/knee)
  - Post-surgical rehabilitation

This specialist expertise ensures residents receive evidence-based, condition-specific rehabilitation, improving outcomes and reducing complications.

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## Service Model

- Flexible contracted hours with scalability

- Multidisciplinary team:
    - Physiotherapists (mobility, falls prevention, strength)
    - Occupational Therapists (function, independence, environmental adaptation)
    - Rehabilitation Assistants (ongoing exercise delivery and monitoring)
  - Combination of:
    - 1:1 therapy interventions
    - Group exercise programmes
    - Staff training and competency support
  - Rapid access to Speech and Language Therapy (SLT)
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### Key Benefits to Care Homes

- **Improved Resident Outcomes**
  - Increased mobility and independence
  - Reduced falls and associated injuries
  - Better management of complex neurological and orthopaedic conditions
- **Reduced Hospital Admissions**
  - Early identification of deterioration
  - Faster post-illness or post-surgical rehabilitation
  - Reduced reliance on overstretched local NHS services
- **Fast, Local Access to Therapy**
  - Avoid delays often experienced in rural counties

- Consistent, on-site presence rather than episodic input
- Continuity of care for residents
- **Preventative Approach**
  - Proactive screening for high-risk residents
  - Maintenance programmes to prevent deconditioning
  - Regular group exercise sessions (strength, balance, chair-based)
- **Support for Care Staff**
  - Practical training in mobility, transfers, and rehabilitation support
  - Guidance for managing residents with neurological and complex needs
  - Clear therapy plans embedded into daily care
  - Reduced workload through shared responsibility
- **Cost-Effective and Predictable**
  - Fixed weekly contract hours
  - Reduced emergency interventions and external referrals
  - Better resource planning
- **Enhanced Market Position**
  - Demonstrates specialist, therapy-led care
  - Attractive to families seeking higher-level clinical support

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## Outcome Measures and Local Alignment

Our service supports key outcomes aligned with local Integrated Care Systems, including NHS Herefordshire and Worcestershire Integrated Care Board priorities:

- **Clinical Outcomes**

- Reduction in falls rates
- Improved mobility and transfer ability
- Increased independence in activities of daily living (ADLs)
- Reduced complications following orthopaedic procedures
- Improved management of neurological conditions

- **System Outcomes**

- Reduced hospital admissions and readmissions
- Shorter recovery periods post-discharge
- Reduced demand on community NHS therapy teams

- **Regulatory Outcomes (CQC)**

- Safe: Falls prevention and risk management
- Effective: Evidence-based therapy input
- Caring: Promoting dignity via independence
- Responsive: Timely access to therapy
- Well-led: Structured, outcome-driven service

- **Resident Experience**

- Improved confidence and wellbeing
- Increased participation in activities

- Higher satisfaction for residents and families
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### **Preventative and Proactive Rehabilitation**

In rural counties like Worcestershire and Herefordshire, prevention is critical due to limited rapid-response services.

Well Way delivers:

- Routine screening of all residents
- Early intervention before functional decline escalates
- Individual maintenance plans
- Structured group exercise programmes:
  - Falls prevention classes
  - Strength and conditioning
  - Chair-based mobility groups

This reduces crisis-driven care and supports long-term sustainability.

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### **Fast Access to Speech and Language Therapy (SLT)**

We understand that access to SLT services locally can be delayed. Well Way provides:

- Rapid referral pathways to Speech and Language Therapy
- Support for:
  - Dysphagia (swallowing difficulties)
  - Communication needs

- Integration with physiotherapy and occupational therapy plans
- Reduced risk of hospital admission due to unmanaged swallowing issues

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### Why Well Way Rehab Solutions

- Specialist expertise in neurological, musculoskeletal, and orthopaedic rehabilitation
- Experience delivering therapy services within care homes, including rural settings
- Proven model combining therapists and rehabilitation assistants for continuity
- Strong focus on prevention, not just recovery
- Flexible and responsive to local care home needs
- Alignment with NHS and Integrated Care System priorities

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### Conclusion

A partnership with Well Way Rehab Solutions provides care homes across Worcestershire and Herefordshire with consistent, specialist rehabilitation services that are responsive, preventative, and aligned with local healthcare priorities.

Our flexible contract model ensures homes can access the right level of expert support while improving outcomes, reducing risk, and enhancing resident wellbeing.

### Contact us

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