

UPLANDS REHABILITATION CENTRE

Short Stay Intensive Rehabilitation
Enabling Independent Living

"... basically,
you are a 5 star
Care Hotel."

Tony U
(Resident)



Slow Stream Neurological Rehabilitation
Stroke Rehabilitation | Orthopaedic Rehabilitation
Functional Rehabilitation | Geriatric Rehabilitation
Walk-In Day Therapy Rehabilitation | Reablement
Discharge to Assess | Complex Nursing



Inspected and rated

Good



Aim of Rehabilitation at Uplands

Uplands Rehabilitation Centre provides practical and life-transforming help and support for any individual over the age of 18 who has suffered a critical illness.

The main objective of Uplands is to rehabilitate people so that they can either live as independently as possible in their own home or, following successful rehabilitation, to facilitate a move into other more suitable accommodation that meets their long term needs but with reduced dependency.



The Uplands Rehabilitation Team

The therapy team at Uplands is led by a senior Consultant in Rehabilitation Medicine who is supported by Physiotherapists, Occupational Therapist, Speech and Language Therapist, Psychotherapist and Social Worker. All care is overseen by a local GP, highly experienced nurses and delivered by trained rehabilitation assistants.

Who is the Uplands Rehabilitation Service for?

75%
patients discharged completely independent without any package of care



People who wish to remain at home even though they have started to find things more difficult.



People who need more help to recover after a fall, an acute illness or an operation.



People who wish to avoid going to hospital unnecessarily but still need 24 hour care / support.

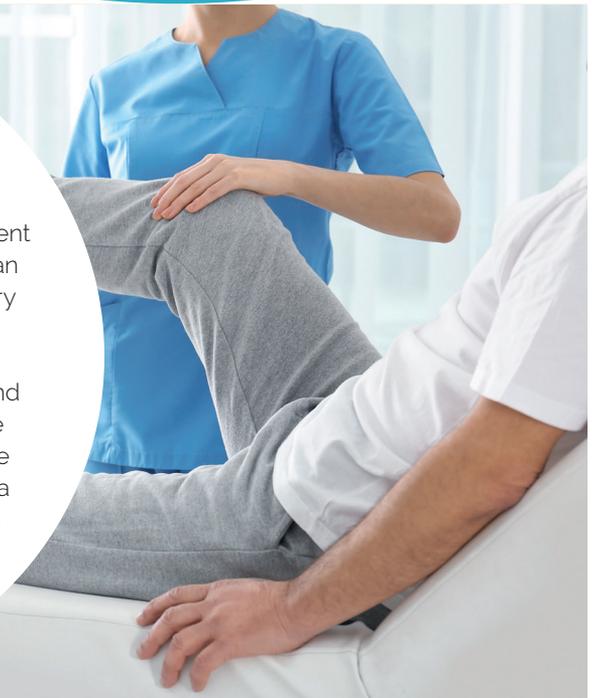


People who wish to return home more quickly after a hospital stay.

Specialist Rehabilitation at Uplands

Uplands also offers residential, day placement and outpatient rehabilitation according to an individual's requirements, stage of recovery and funding / budget available.

Uplands provides the ideal environment and facilities to support individuals to improve their functionality and overall quality of life and would particularly benefit those with a disability as a result of an **acquired brain injury - including stroke, accidents and neurological illness.**





UplandsCare

WHAT PEOPLE SAY ABOUT US:

" A fourteen day stay at Spire which I know is a hospital to your place being a care centre would be triple the cost but honestly the care level, professionalism, rehabilitation and human touch I believe would or is just as good as would have been at Spire."

Don L (Resident)

" I was admitted to URC from hospital following a fractured groin. I have progressed from a wheelchair to walking frame to crutches in 10 days, thanks to their physio team's rigorous but encouraging treatment. They are excellent! "

Kenneth E (Resident)

" The care given [was] very good, enabling my father aged 90 to go home after 2 ½ weeks. "

G P (Daughter of Resident)

" My mother benefited greatly from the physio, [whol] made a fantastic improvement to her mobility. "

G W (Daughter of Resident)

Find more great testimonials like these at www.carehome.co.uk

Further Information

Contact us now to find out how the range of rehabilitation services provided by Uplands helps rebuilds lives and prepares individuals for a more independent future.

The cost of each rehabilitation placement is based on assessed need. Family and friends are encouraged to be as involved as possible in all rehabilitation placements.

If you or someone you know could benefit from a period of 24/7 specialist rehabilitation in a friendly and homely environment, please contact us..

Pick up and drop off service available on request.

Call 01702 352752 or visit
www.uplandsrehabilitation.com
email - info@uplandscarecentre.com
Find us at 27-31 Cobham Road,
Westcliff-on-Sea, Essex SS0 8EG



100%
improvement
in condition

Specialists In Post Surgical Care

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