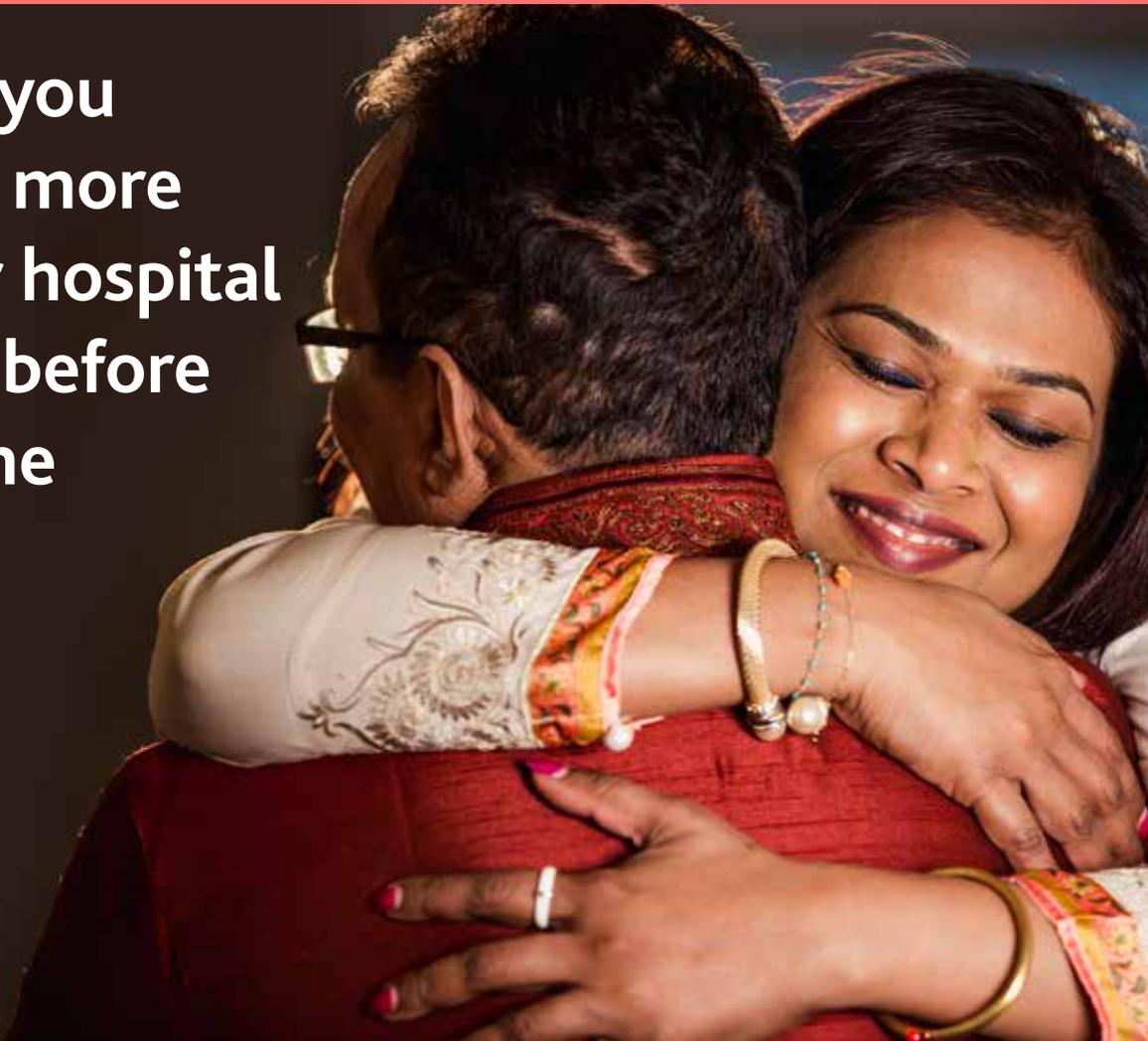


# For when you need a bit more time after hospital discharge before going home



If you have had an operation or have recovered from an illness in hospital, but feel you would benefit from some extra time to regain your strength, then a few extra days with Circle Rehabilitation may be exactly what you need. We can help you from our specialist rehabilitation centre in Birmingham or from our network of Circle and BMI Healthcare hospitals.

You may be medically fit to be discharged from hospital but there could be factors that are worrying you.

This could be concern about pressure on friends and family members, a loss of confidence about looking after yourself, or the feeling that you are just not quite right yet.

You could benefit from some additional time in a hospital setting, where you can work with a team of professionals who can help you during the transition between being a hospital inpatient and being back home.

At Circle Rehabilitation, we can look after you and form a rehabilitation plan with you which will build your confidence, your strength and your stability so that you can return home safely and independently.

## Care after a hospital stay or period of ill-health

We take a whole-person approach when helping you set a rehabilitation plan. You may want to spend some time getting stronger, improving your flexibility or regaining some of the fitness that you used to have.

Being in hospital, or recovering from an illness, can leave you feeling a little uneasy. As well as your physical health, we can help you with your emotional health too. After you have recovered from your illness, or have had an operation, you may view the world differently. We can help you adjust.

Spending some time in one of our hospitals - whether overnight or during the day - can also provide your friends and family with additional support. We can also provide them with information and practical help so that they are best equipped to continue your rehabilitation after you leave us.

### Our aims are:

- To help you build strength and confidence
- To work in partnership with you to help you towards achieving your rehabilitation goals
- To get you back home confidently

### We will:

- Treat you as an individual, putting together a package of care that is tailored to you
- Support you towards achieving your goals

Circle Rehabilitation is the largest rehabilitation network in the UK, set in our specialist centre in Birmingham and in our Circle and BMI Healthcare hospitals across England, Scotland and Wales.

Although we are a large network, you will always be treated as an individual. Everyone is at a different point on their rehabilitation journey, and we will design a package of care with you that suits your individual needs. Our expert medical team includes consultants, doctors, nurses, psychologists, physiotherapists, dietitians and other specialist rehabilitation therapists. They'll provide you with the latest treatment and therapies utilising state-of-the-art technology, in a high quality hospital setting.

You set the goals; we work towards them together.

## Funding your rehabilitation treatment

Do you have private medical insurance? Circle Rehabilitation is recognised by many of the major insurance and medical legal providers. Alternatively, you can pay for your own treatment. If you would like more information about using your private medical insurance, or if you would like to discuss prices for your individualised package of care, please call us on **0800 096 3236** or email [rehab@circlehealth.co.uk](mailto:rehab@circlehealth.co.uk)

We welcome referrals from GPs, consultants, insurers, solicitors and directly from patients. We can provide assistance to individuals, embassies and overseas patients on admissions, and we welcome enquiries from patients and their families to determine the most appropriate care we can offer.

**0800 096 3236**  
or email [rehab@circlehealth.co.uk](mailto:rehab@circlehealth.co.uk)

