

For if you are struggling after your recovery from COVID-19



Some people who have recovered from COVID-19 are finding it is taking them more time than they thought to return to health.

Some report extreme tiredness, sleeplessness, feeling out of breath, and taking longer to complete tasks than they used to.

For others, the impact of COVID-19 has (not Covid-19 have) left them with feelings of anxiety, mental trauma and feeling muddled.

This is difficult not only for the patient but also for their families, colleagues and the people who rely on them. It is estimated that up to half the people who have recovered from COVID-19 will experience follow-on symptoms and would benefit from rehabilitation.

While some patients may benefit from an extended hospital stay, supported by a multi-disciplinary team of doctors, therapists and psychologists, most people can be supported to recover at home.

Rehabilitation for post COVID-19

Circle Rehabilitation's dedicated COVID-19 rehabilitation service draws on the expertise of our entire team, so that we can design a package of care that meets your individual needs. Our medically-led team of consultant doctors, therapists and psychologists will work with you to set goals and milestones in your recovery, and help towards achieving them.

You may need physiotherapy, occupational therapy, nutritional plans, nursing, medical care, psychological therapies or social care.

You may need this at our specialist centre or in the community, and could require daily or weekly updates to the plan.

Our COVID-19 rehabilitation service is open 7 days a week, and is flexible to your needs.

Our aims are:

- To help you recover from COVID-19, with strategies designed to return you to health
- To work in partnership with you and your consultant to achieve the best possible health outcomes for you
- To give you time to adjust

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](tel:0800 096 3236) or email 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.

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