



Mid Yorkshire (MY) Therapy

Who are MY Therapy?

MY Therapy is a team of Community Therapists and Support Workers. We see patients within the Wakefield district who require assessment, treatment and rehabilitation services. The team is made up of Physiotherapists, Occupational Therapists, Dietitians and support staff.

MY Therapy has teams based in the Connecting Care+ Hubs and Wakefield Intermediate Care Unit. Referrals are made to the service via telephone or e-referral, and there is a coordinator based within the hubs 8am – 6pm each weekday to triage referrals.

Referrals are prioritised by clinical staff, either Physiotherapists, Occupational Therapists or band 4 Technical Instructors. Patient information is triaged and visits booked into diaries based upon the urgency of the situation and the needs of the patient.

MY Therapy can respond quickly where a patient's circumstances and their requirements indicate a need for this. The referrals to MY Therapy are predominantly Therapy but the team work closely with the connecting care hub partners to ensure that other service requirements can be identified at the point of referral regardless of whether they are health, social care or voluntary sector workers.

An Overview of our Service

Rehabilitation can be provided in any community setting including patients own homes, residential Care homes, residential rehabilitation setting

The service specialises in the following areas:

- Dietetics
- Cardiac rehabilitation
- Respiratory
- Neurology
- Falls and Orthopaedics
- Generic Rehabilitation

Access & Criteria / Referring to Us

Criteria:

- 18 years and over
- Registered with a Wakefield District GP
- Medically manageable within primary care
- Rehabilitation potential (OT, PT, Dieticians)
- Urgent OT / PT related equipment / mobility aids to prevent admission

- Therapy and or Dietetic input to patients at home or in the bedded units
- Respiratory service including pulmonary rehab groups
- Generic rehabilitation and falls management
- Neuro service including Early Supported Discharge (ESD) and management of long term conditions
- Cardiac rehabilitation service
- Support to emergency department to prevent admission
- Assessment & intervention in a crisis to try to maintain someone in their own home and prevent admission
- Referring to MY Therapy Community Rehabilitation
- For all enquiries ring 01977 747471 or referrals; 01924 327591

Opening Hours

MY Therapy is a seven day a week service, 365 days a year.

Our hours of work are:

Monday to Friday	8am-6pm
Weekends	8am-4pm.

We also cover all Bank Holidays.