Care Close to Home

Intermediate Care

Getting you home with the support you need

We understand that you would prefer to recover at home rather than in hospital, that’s why we’re working together to ensure that getting you home is our priority. We will make sure you feel listened to, supported, safe and independent every step of the way.
What is Intermediate Care?

Intermediate Care is a service that has been developed by Wrexham Adult Social Care Department and Betsi Cadwaladr University Health Board. The service aims to support people to avoid unnecessarily prolonged hospital stays or overcome the need for admission to hospital or long-term care. It provides a structured individual care plan that involves active therapy, treatment, or opportunity for recovery.

What happens if I go home?

If you go home from hospital and need some additional support on discharge you will be assessed by our Intermediate Care Team to ensure you have the right level of support to keep you safe and well. This may include:

- Specialist equipment
- An individual rehabilitation programme
- Assistance with personal care

If you require longer-term care a referral to social care will be completed. The Intermediate Care Team will work with you to ensure that any assessment of your long-term care needs is undertaken in your own home or as close to home as possible, and never within a hospital bed.

What if I can’t go home straight away?

Whilst the Intermediate Care Team aim to deliver care and support to people in their own homes, there are times when this is not possible. If the team feel that your needs would best be met outside of hospital, but not in your own home, or if you need further support and rehabilitation before being able to return home from hospital you will stay in one of our Step Up / Down beds. These short-stay beds are available within a small number of specially selected residential care homes.

During your time in one of these beds, community services such as Occupational Therapists, Physiotherapists, Nurses and Social Workers will work closely with you, your family and
carers to develop a personal plan just for you. This will consider both your health and social care needs to ensure you will be safe at home.

Our aim is always to support you and your family to get you to return home as quickly and safely as possible.

At the end of your stay in one of these beds, we will provide full support to you, your family and carers in arranging any further care or additional support require, if necessary.

Our ultimate aim is to get you back to your maximum level of independence wherever possible.

**What to expect**

When you were accepted onto the Intermediate Care Service you will have had a full needs assessment. A ‘Treatment Plan’ will then be agreed with you to involve support from both therapists and support staff, to improve the skills you have, and help you to stay independent.

If you are receiving care within a short-stay residential care bed, members of the Intermediate Care team will come into the home to provide you with the specialist care and support you need. Members of the team may be asked to do more assessments of your needs to ensure you receive the right support.

Both the Intermediate Care team and the staff from the residential care home, if that is where you are placed, will work with you to ensure your care and support needs are met; they will work with you in such a way as to promote your independence and support you to regain or maintain your skills in undertaking everyday tasks.

**How much will the service cost me?**

All health and social care support provided through the Intermediate Care Service is free of charge for as long as you are receiving the service. If you receive care within a short-stay residential bed and chose to access some of their services such as hairdressing or podiatry, there may be a small charge for these.
If you require other services after this ends, you will be charged according to the Council’s charging arrangements. An appropriate support plan will be agreed with you reflecting this and a financial assessment will be carried out with you to inform you of any charges. For more information on paying for social care services, please ask for our Paying for Social Care information leaflet.