

Being Part of Bridges: A Clinician's Point of View

Lewisham Adult Therapy Team
Lewisham and Greenwich NHS Trust

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Outline

- Lewisham Adult Therapy Team
- How we came to be using Bridges
- The challenges
- The successes
- What's next?
- David's story

Lewisham Adult Therapy Team

- **We are a Multi Disciplinary specialist community Team**
- We work with adults who have physical problems, speech and/or swallow problems, cognitive problems and/or problems performing activities of everyday life
- We see clients because they are housebound, unable to travel to hospital or if their needs are directly related to their home and/or community environment.
- We work across a range of settings

How we came to be using Bridges

- Summer 2012
- Allocated to intervention group
- 2 days Bridges training
- Clients recruited to research
- Immediately commenced using Bridges
- Regular observations

The Challenges

- “The professional knows best”
- Clients sometimes hesitant to be part of a research project
- Old habits die hard
- Frequent changes in the team
- Complex clients and support networks
- Pressure of the NHS!

The Successes

- Client focussed
- Dream goals and small steps
- Focusing on the positives
- Self-management
- Confident discharges
- Other client groups
- Good training and support provided by Bridges

What's Next?

- Research project has finished
- Bridges “champions” identified
- Continuing to use approach
- Other client groups
- Further incorporating Rehabilitation Assistants



David's Story