



Royal Hospital for
Neuro-disability

A national medical charity

The Transitional Rehabilitation Service at Haberdashers House



“If this place was not available to me then I think I would have been a very confused man in a world that does not understand hidden disabilities.”

Michael, TRS resident



tran+si+tion

noun

‘movement, passage, or change from one position, state, stage, subject, concept, etc., to another’

After a serious brain injury, many skills previously taken for granted – memory, planning, managing emotions, managing work demands, shopping and managing a budget, as well as basic skills like getting washed and dressed, walking and talking – can be affected. Our TRS aims to help people work on the skills they will need to make the transition back to life beyond hospital.

The TRS is situated at Haberdashers House, located in a residential street just outside the grounds of the Royal Hospital for Neuro-disability, and close to the local shopping areas

of Putney and Wandsworth, as well as Wimbledon and Kingston. It has excellent public transport links with Central London. The purpose-built unit allows people to re-learn and develop new skills and strategies with support, in a real-life setting. Many aspects of a resident’s programme take place within the community itself. The expert therapy team develop an individual treatment programme, based on the resident’s own goals and aspirations. A team of rehabilitation assistants, along with the clinical team, assist the resident to put this programme into practice, supporting and encouraging residents to gain confidence and independence.

The TRS enables people following a brain injury to:

- Develop the skills they need to look after themselves, and establish what help they may need in the future
- Practise skills to enable them to function more independently at home (household skills, managing a budget, planning and organising appointments and chores etc)
- Continue to work on and address physical impairments (i.e. muscular weakness, decreased joint range, reduced balance, tonal issues, reduced exercise tolerance), thus optimising functional independence
- Practise accessing and participating in leisure, recreation and fitness options within the community, including visiting community pools and gyms.
- Plan for and work towards getting back to work, or towards using their time productively (and to have fun!)
- Reflect on the impact of brain injury on the person, their life plans, and on those who are close to them, and begin to plan for the future
- Return to the community with confidence that they have the skills and support they need to manage successfully – as someone's time at the TRS comes to an end, we work with local agencies to ensure that the right ongoing support is identified.

Our facilities

The service caters for up to 11 residents, and includes:

- Eight bedrooms with en suite shower rooms (plus 2 bathrooms)
- Three independent living flats, each with its own cooking facilities
- Internet facilities on site
- Spacious lounge area with a range of leisure activities, including pool table, table tennis, TV and DVD, fitness equipment, Wii etc.
- Pleasant garden area with patio, BBQ area and basketball hoop
- Communal dining area
- Laundry room

Although we try to use local facilities as much as possible, in addition we are able to access the full range of facilities at the Royal Hospital for Neuro-disability, including the hydrotherapy pool and therapy gym, specialist computer room, film and music clubs, art room etc.





Our residents

We offer our service to people over the age of 18, who:

- Have had an acquired brain injury (this may be due to an accident or injury, or due to illness such as stroke, encephalitis or meningitis)
- May have physical disabilities – although some of our residents are wheelchair users, others have no difficulties with walking
- May have difficulties with communication, including difficulties with speech, reading or writing, or with understanding others when they talk
- May have difficulty with specific thinking skills, such as memory, planning and organising, being aware of their difficulties etc.
- May have a specific plan for return home, or may need help to identify where next

How to find us

From the M25

Leave at Junction 10 and follow the A3 to Central London. We are located on the A3 (West Hill), just after the Tibbet's Corner Roundabout.

From Central London

Follow the A3 through Wandsworth. We are located on the A3 just after the Wandsworth one-way system.

Bus

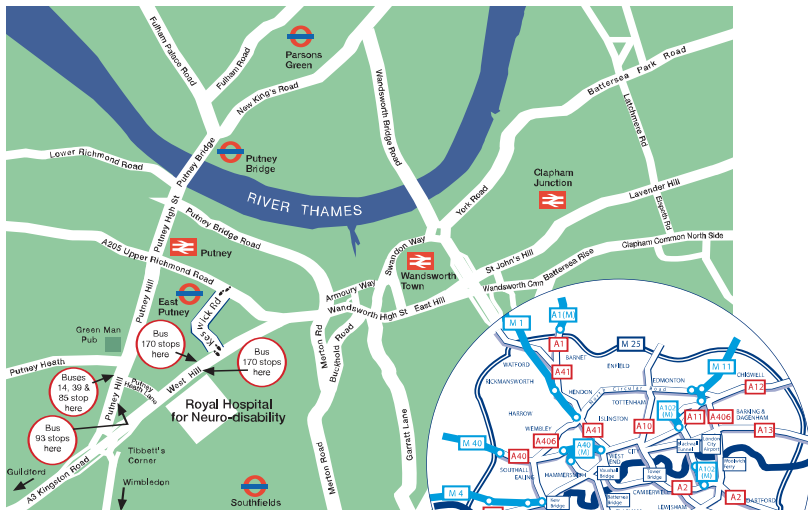
Route 170 passes the main entrance of the Hospital from Putney. Routes 14, 39, 85 and 93 stop close to the Hospital at the Green Man pub on Putney Hill. Take 85, 14, 39 or 93 from Putney Bridge (Underground) or Putney (Main Line).

Underground

East Putney (District Line, Wimbledon Branch) is the nearest station (15 minutes walk).

Rail

Putney is the nearest Main Line station (20 minutes walk).



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