



Edinburgh Health and Social Care Partnership



Patient information leaflet

What is Physio@Home?

We are a Physiotherapy team, who specialise in assessment and rehabilitation in your own home or homely setting.

Alternatively, if you are fit and able to get out and about, please contact us and we can arrange for you to be seen in an outpatient clinic.

What happens now?

You will be contacted by one of our team to book a home visit.

A member of our team will visit you at home to have a chat about what matters to you. It would be helpful for you to have a think and list 3 of these things below:

For example, "It matters to me that I can walk to my local shop"

1)

2)

3)

They will support you on how to achieve your personal goals. Our first visit may take up to 1 hour.

With your consent, a record of your home visit will be held on NHS secure systems in line with General Data Protection Regulations.

General advice

If you have been given recent exercises to do, please continue with these. When we visit you at home we will check these exercises.

Try to stand, walk or change position at least every hour, unless you have been advised not to.

In the meantime, you may find useful information to help you self manage your condition within the following websites:

NHS inform <https://www.nhsinform.scot>

Chartered Society of Physiotherapy <https://www.csp.org.uk/public-patient>

A Local Information System for Scotland <https://www.aliss.org>

Prior to the home visit please:

Do not smoke for at least one hour before, or during, your appointment. Keep pets in a separate room.

Keeping your appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on this leaflet. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Cancellation of your appointment

While we make every effort to avoid this where possible, there is always a risk that your appointment may be cancelled at short notice. This is due to either urgent patients or other reasons which are beyond our control. We realise that this can cause distress and inconvenience, but in the event that your appointment is postponed, you will be offered a new date as soon as possible.

Interpretation and translation

Your GP will inform us of any interpreting requirements you have and we will provide an appropriate interpreter. This leaflet may be made available in a larger print, Braille or your community language.

Physio @ Home

Edinburgh Health and Social Care Partnership
Allermuir Health Centre
165 Colinton Mains Drive
EH13 9AF

Telephone: 0131 312 2160



Working together for a caring,
healthier, safer Edinburgh

This leaflet was compiled by the ECPS in discussion with NHS Lothian Physiotherapy Services.

Ref: Lothian.Physio @ Home