

RAAR

What is RAAR?

RAAR stands for 'Rapid Access Acute Rehabilitation'. RAAR is a specialist multidisciplinary team, providing inpatient neurorehabilitation.

Neurorehabilitation is a programme which aims to support individuals in regaining independence through restoring function and / or developing compensatory strategies to cope with physical, cognitive, swallow and communication changes, following illness or injury.

The RAAR team works with individuals for up to a maximum of six weeks. The length of RAAR input is dependent on a patient's rehabilitation needs and where appropriate, continuing inpatient specialist neurorehabilitation will be arranged on completion of a RAAR programme.

Whilst under RAAR, individuals will receive a weekly therapy timetable (Monday to Friday) which will show planned therapy sessions for the week. Session duration is usually between 30 and 45 minutes. Timetables are subject to change due to any unforeseen circumstances, e.g. staff sickness. Friends and family are integral to the rehabilitation journey and, when appropriate, they will be invited to join timetabled therapy sessions.

Who can access RAAR?

The RAAR team works with individuals who have an acquired brain injury (excluding stroke), spinal injury or other neurological diagnosis which requires specialist inpatient multidisciplinary

neurorehabilitation. These patients need already to be an inpatient at St George's Hospital and to be able to participate in intensive daily rehabilitation, approximately one to two sessions a day.

Where will my rehabilitation take place?

Individuals under the care of the RAAR team will be transferred to Keate Ward where they will remain for the duration of their rehabilitation. If it is not appropriate for an individual to transfer to Keate Ward, the RAAR team will provide outreach rehabilitation on the ward where the individual is admitted.

Keate Ward is located on the 5th floor of St James' Wing and has 21 beds, of which eight are under the care of the RAAR team. Keate Ward has a Day Room which can be used by patients, relatives and visitors.

What do I need to bring with me?


- Clothes (loose fitting / elasticated clothing – we encourage our patients to dress in their own clothes).
- Shoes (trainers are best if you have them).
- Toiletries.
- Glasses / hearing aid / dentures and Fixodent.
- Mobile telephone / tablet.

Visiting information


- Visiting hours: 9am to 8pm (maximum of **two** visitors at one time, children welcome).
- Protected mealtimes (no visitors, unless supporting feeding): 12 noon to 1pm and 5pm to 6pm.


Team members and their roles


 **Nurses** will support your independence with personal care, your medications and mealtimes.


 **Doctors** including a consultant (who specialises in Rehabilitation Medicine) and a junior doctor.


 **Speech and Language Therapists** will work with you and your family on your communication and swallowing goals.

 **Physiotherapists** look at your mobility and how you can move around, your balance and how you maintain your fitness.

 **Occupational Therapists** will look at how you are able to manage your daily activities and make any changes or suggestions to maximise your independence. The OT will ask about your home to advise on any adaptations or equipment.

 **Clinical Psychologist / Clinical Neuropsychologist** will support you and your family with your emotions and adjusting to your neurological condition. They will also help with any changes to your thinking and memory skills.

 **Therapy Technicians and Assistants** support the therapy team to carry out rehabilitation programs set up by the therapists.

 **Dieticians** will monitor your weight and advise about any diet changes and supplements that may be required.

Discharge Support Worker will work with you on discharge planning and accessing the care you may need. Within RAAR we also have access to a **Welfare Officer** (benefits advice) and **Volunteer**.

Contact us

Email address: RAAR@stgeorges.nhs.uk

Office telephone number: 020 8725 1815

Keate Ward telephone number: 020 8725 3226

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays. Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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