



INSPIRE

NEUROCARE



Anchor Point

Neurological Centre in Southampton

EMPOWERING RECOVERY,
RESTORING LIVES

 57 Ensuite rooms

 1 Self-contained apartment



WELCOME TO ANCHOR POINT NEUROLOGICAL CENTRE IN SOUTHAMPTON

At Anchor Point Neurological Centre, we are more than just a neurorehabilitation service—we are dedicated to transforming lives. Our mission is to empower individuals with complex neurodisabilities and neurological injuries to lead meaningful and fulfilling lives.

We go beyond traditional rehabilitation and long-term care by tailoring our nursing care and specialised therapies to each person's preferences and needs. Our personalised approach ensures we not only meet but exceed expectations, enhancing the well-being and quality of life for those we support.

From the moment you step through our doors, you'll experience our dedication to excellence and personalised care. Our on-site multidisciplinary team (MDT) comprises dedicated professionals including neurologists, therapists, and nursing staff, all working together to provide holistic and coordinated care. We offer a wide range of specialised therapies, including occupational, speech, and cognitive therapies, all aimed at addressing the specific challenges faced by our residents. Our nursing team is skilled in managing complex medical needs, ensuring that each resident receives the highest standard of care and support.

Each member of our compassionate team is dedicated to recovery, resilience, and renewal, every step of the way. Beyond physical rehabilitation, we focus on emotional and social well-being, creating a nurturing environment where individuals can thrive and connect.

We invite you to explore our new services and look forward to supporting you or your loved one on the journey towards recovery and beyond, always with the goal of empowering recovery and restoring lives.

As Home Manager, my door is always open to discuss how we can best support you or your loved one. I am keen to meet you and help to chart a course for a brighter, more empowered future.



Tasa Zilic
HOME MANAGER

Care & Pathways

NEUROLOGICAL & SPINAL INJURY REHABILITATION

Our rehabilitation pathways are suitable for individuals who require a specialist interdisciplinary approach to rehabilitation, resulting from sudden onset conditions, for example, trauma, stroke, haemorrhage, tumours and spinal injury.

Our interdisciplinary teams adopt a biopsychosocial model of care within a 24/7 approach to rehabilitation, a method that integrates continuous care and therapy throughout the day and night. This ensures, that with the support of our trained Life Skills Specialists, rehabilitation is not limited to scheduled therapy sessions, but embedded into all aspects of peoples' daily routines.

Anchor Point Neurological Centre supports individuals with a range of complex care needs including (but not limited to), functional neurological disorders, prolonged disorders of consciousness, ventilated and tracheostomy care, complex spasticity requiring postural management. Other conditions that can be supported include dysphasia, percutaneous endoscopic gastrostomy (PEG) feeding regimes, bowel management, diabetes, cognitive or communication difficulties.

Rehabilitation is usually agreed for a set period and is extended in instances where progress continues to be made, and meaningful goals are being achieved. We also provide maintenance or slower stream rehabilitation in a structured environment with ongoing therapy support to preserve the skills individuals have developed.

NEURODEGENERATIVE & LONG-TERM CONDITIONS

Anchor Point Neurological Centre supports people to live well with neurodegenerative conditions such as Multiple Sclerosis, Huntington's disease, Parkinson's disease and peripheral nervous system conditions like Guillain-Barre syndrome. We also support people with long-term conditions such as Cerebral Palsy.

Where possible, we empower self-management and enable individuals to remain autonomous for as long as possible - key to maximising overall quality of life.

Neurodegenerative conditions share common symptoms such as visual disturbances, impaired mental functioning, and loss of muscle control. These, along with dysphasia, depression, and loss of speech, can be profoundly distressing for an individual. We understand the importance of care plans being truly

person-centred and holistic, including providing access to a range of psychological therapies to promote mental and emotional wellbeing.

Supporting individuals with neurodegenerative conditions requires the consistent input of an experienced interdisciplinary team of neuropsychologists, neuro occupational therapists, neuro physiotherapists, speech and language therapy, dietetics and nursing to minimise the risk of complication and improve life expectancy.

RESPIRE CARE

Respite care can be booked in blocks of two weeks or more, with therapy input included as required. This service can be pre-booked at regular intervals in advance or requested on an ad-hoc basis.

NEURO-PALLIATIVE CARE

Regardless of trajectory or prognosis, our interdisciplinary teams will continuously review care plans to ensure they continue to meet the physical, psychological, social and spiritual needs of the individual, in addition to providing care and treatment for the underlying condition.

Our person-centred care plans seek to maximise quality of life, enable individuals to maintain autonomy for as long as possible, including making decisions around advanced care planning, proactively manage symptoms and mitigate distress.

Practical advice and support are always available to families.

Our interdisciplinary teams consist of:

- ▶ Consultants in Rehabilitation Medicine
- ▶ Clinical Neuropsychologists
- ▶ Clinical Leads
- ▶ Nurse Specialists
- ▶ Therapy Leads
- ▶ Neuro Occupational Therapists
- ▶ Neuro Physiotherapists
- ▶ Speech & Language Therapists
- ▶ Dietetics
- ▶ Life Skills Specialists (LSS)
- ▶ Wellbeing and Lifestyle Coaches (WLC)

Facility

CONTEMPORARY, ACCESSIBLE ACCOMMODATION, DESIGNED FOR REHABILITATION

Designed around the needs of people living with a range of neurological conditions, Anchor Point Neurological Centre elegantly combines style and function.

In addition to dedicated areas for families and individuals to come together to cook, eat, and relax, the light, contemporary, open-plan service has assistive technology built-in and WiFi throughout, a 78m² physiotherapy gym, and elegant interior-designed spaces.

Each one of our 57 spacious ensuite bedrooms is fully soundproofed with independently controlled underfloor heating.

Our one-bedroom, self-contained independent living apartment allows people to develop their independence in a home-from-home environment. The stylish apartment includes a large, light, and airy open-plan kitchen diner. The fully accessible space is suitable for all, cleverly designed to offer independence for wheelchair users and people with limited mobility. The bedroom has pull-down storage in the wardrobe, and adjustable height worktops and flexible space ensures that using the kitchen is safe, comfortable, and practical for all.





Outcomes

ACHIEVING POSITIVE OUTCOMES

At Anchor Point Neurological Centre, we understand that each individual's journey is unique, and therefore, their rehabilitation goals and definitions of success vary widely. For some, neurorehabilitation may involve reacquiring daily living skills to enable a return to independent living. For others, it may focus on preserving existing skills and managing the increasing impact of progressive conditions on their daily lives. Certain individuals may require a concentrated effort on enhancing their physical health, clinical stability, and emotional well-being.

To support these diverse needs, we employ electronic care plans and handheld devices for immediate and secure access to personal information. Our measurable, partnership-driven approach to goal setting, regular reporting, and assessments instils confidence in individuals, families, and care commissioners that our rehabilitation strategies are tailored and effective for each person we support.

Therapeutic excellence & specialist nursing care

Consultant-led care

Our Consultant in Rehabilitation Medicine leads our interdisciplinary team, ensuring a cohesive approach and close working with acute hospital services, community teams, and other care providers.

Therapeutic excellence

Our interdisciplinary team of therapists support people to live with more independence, whatever their rehabilitation needs. Injuries or illnesses that affect the brain can cause changes in cognitive abilities, including thinking and decision-making, and impact emotional well-being, such as mood changes and stressed or distressed behaviours.

- ▶ Our **Neuropsychologist** works with individuals who are experiencing these changes, and their families, with the goal of providing supporting strategies and enhancing well-being.
- ▶ **Neurological Physiotherapists** are trained to treat neurological conditions with the aim of providing interventions which help an individual to regain or maintain their maximum movement, strength and functional independence.
- ▶ **Occupational Therapists** work to increase people's independence in areas of everyday living, ensuring people can function in their environment, with adaptations where required.
- ▶ **Speech and Language Therapists** support people who experience swallowing difficulties and communication issues, sometimes by using communication aids and adaptive equipment.

Complex Nursing Care

Our specialist nurses support individuals and families as they adapt to a new way of life, providing complex care within a supportive environment that promotes good physical, psychosocial, and mental health.

Our nurses support people with the symptoms associated with epilepsy, dementia and physical disabilities, including postural support, supported nutrition, and pain management.

Life Skills Specialists

Life Skills Specialists (LSS) offer a revolutionary approach to neurocare and rehabilitation, leading to better outcomes for the people we support.

LSS have a comprehensive role that reimagines the traditional carer into an enabling supporter, combining care, therapeutic and clinical input, and companionship, in one.

Supporting neurorehabilitation in three fundamental ways, LSS provide opportunities for rehabilitation throughout each interaction, ensure knowledge sharing between different interdisciplinary approaches and enable rest and recovery.





Referrals

MAKE A REFERRAL

To make a referral, arrange a visit, or request further information, please contact the Referrals Team who support families and professionals looking for expert neurocare and rehabilitation.

Assessments are carried out by an appropriate, skilled clinician in order to gain as much information as possible to inform understanding of need and person-centred care planning, with information shared between referrers, the NHS, case managers and local authority via secure emails and phone calls.

Following assessment, a comprehensive report with recommendations and costs is produced by the team and shared with the referrer. Funders can be confident that rehabilitation is cost-effective, with responsive therapeutic and nursing input which changes as people progress towards their goals.

Referrals Team

✉ referrals@inspireneurocare.co.uk



REGULAR REVIEWS

Every pathway includes an initial assessment, care planning, and goal setting with interdisciplinary team members, individuals, and families.

An initial progress review occurs at 6–8 weeks, followed by another at 12–14 weeks. For shorter rehabilitation placements, we will arrange timely progress reviews, with reports at the halfway point of an agreed rehabilitation period, or as directed by Commissioners.

At these meetings, team members, individuals, families, and care commissioners discuss and agree on next steps, including discharge planning, transition to long-term care, or advanced care planning.

FUNDING CARE

Funding is usually obtained through Integrated Care Systems, Continuing Healthcare, Commissioning Support Units, and by local authorities. Placements can also be self-funded by individuals and family members, or through legal settlements.



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