



## *What is rehabilitation and why is it important?*

At Irwin Mitchell our goal and aim is to try and make a positive and practical difference to our clients. It is hoped that your health, quality of life and ability to work are restored as far as possible to the position that you were in prior to your accident.

### **What is rehabilitation?**

“The purpose of rehabilitation is to restore an injured person to as productive and as independent a lifestyle as possible through the use of medical, functional and vocational intervention”.

After a serious injury, rehabilitation can take many forms. It can include therapy and assistance from a range of professionals such as:

- Doctors
- Nurses
- Rehabilitation Consultants
- Neuropsychologists and Neuropsychiatrists
- Occupational Therapists
- Physiotherapists
- Speech and Language Therapists
- Art/Music Therapists
- Cognitive Behavioural Therapists.

Their job is to do everything they can to help you to improve and optimise your physical and psychological functions following your injury. This depends upon how you have been injured, but could involve helping you to learn to walk again, assisting you to remember information or helping you to manage travel independently.

### **Where will it happen?**

Rehabilitation might start with the doctors and nurses in hospital. When you are ready, you may go to an inpatient rehabilitation unit, where doctors and therapists will help you to re-learn skills you might have lost; this may be helping you learn how to overcome physical problems or planning problems, such as getting dressed or organising a shopping trip. You may then go to an out-patient rehabilitation centre in the community. Here you will learn to deal with things in the community such as getting from one place to another safely or maybe going back to work. Rehabilitation can also be undertaken from your home.

### **Why is rehabilitation important?**

Rehabilitation will help you learn ways of overcoming your problems and is aimed at making you as independent as possible. Rehabilitation will teach you and your family strategies to make life easier, and it will help you learn how to react positively to situations which you find difficult. Successful rehabilitation will mean that you are far more able to have a happy and more fulfilling life, despite your injuries.

### **Why is it important in a personal injury claim?**

When your solicitor calculates the compensation you should receive, they only get one chance to get it right. The money you receive will have to compensate you for the rest of your life. It is therefore important that your solicitor sees how far you can progress, so that the compensation they calculate will be accurate. Rehabilitation helps you to recognise your potential so that your solicitor is fully aware of your abilities in terms of the help you may need.

It is also important in the eyes of the law for you to make the best of your situation. Attending rehabilitation shows the opponent's insurers and the Courts that you are willing to do everything in your power to improve yourself.

## Irwin Mitchell's approach to rehabilitation

When looking at what can be done to help you and your family we will consider at the very least the following:

**Work** - do you have the capacity to be able to return to work.

**Support** - what type of support do you need to assist you to lead as independent a lifestyle as possible.

**Accommodation** - an assessment of your accommodation needs to ensure that where you and your family are living is satisfactory for you, whether on a temporary or permanent basis.

**Transport** - it may well be that you are unable to drive or use public transport, whether on a short term or long term basis. Alternative and practical solutions need to be provided to help you with your transport needs.

**Equipment** - it is likely that equipment may be used in order to assist your recovery or help in the long term.

**Therapies** - some sort of therapy will be required to help you whether that be physiotherapy or a more complex programme of different types of therapies which will be needed in order to ensure that the best possible recovery is achieved.

**Physical fitness** - if you are injured to the extent that you are no longer able to function as you were prior to the incident, your physical fitness is likely to be impaired which, in turn, will impact your health. We will consider what physical fitness regime is required to overcome this.

**Quality of life** - we will consider how the injuries impact your quality of life. You are entitled to have your life restored so far as possible and we will always consider how this can be achieved.

“Thank you for all the support you have offered throughout the case. We had no experience of how the legal system works and it was a very daunting prospect as well as an emotional rollercoaster, but you have been a constant source of strength. We’re very grateful for the guidance and empathy you have shown to us along with your very sharp professional skills.”

- Monica Fernandez

To talk to a specialist advisor today simply call free on **08000 23 22 33**  
You can also follow us on Twitter **@IMSeriousInjury**



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