

# Adult Annual Reviews

## Did you know that NICE guidelines recommend an annual review with a cerebral palsy specialist?

Cerebral palsy (CP) is a lifelong condition. While it is non progressive, as you age, problems with your muscles or your skeleton may cause pain and limit your physical abilities.

The National Institute for Health and Care Excellence (NICE) recommends\* an annual review for adults with CP, which is your opportunity to talk to someone who specialises in the condition and understands your everyday concerns and challenges. This can help you tackle issues that come up as you get older.

*77% of adults with CP have not been offered an annual review of their condition by health professionals.*

\*<https://bit.ly/3Nzj45K>



## We want to change that

Our specialist neuro-physiotherapists are highly skilled in providing support for CP. We offer annual reviews to adults with CP, a holistic health check to help your physical and mental health. **Both NHS referrals and self-referrals for this service are accepted.**

## Why you need an Annual Review?

Having an annual review will help you manage your CP with support from a specialist neuro-physiotherapist. It may reduce the likelihood of falling, to manage your pain and by improving the quality of your life.

## What is an Annual Review?

This is a planned appointment with a specialist in CP and other neuro-disabilities, who has years of experience in providing therapy for CP. At your annual review, with your specialist neuro-physiotherapist, you can explore:

- common concerns
- physical symptoms
- mental health
- pain
- nutrition
- communication and barriers to participation in everyday life.

## What happens in a Bobath Annual Review?

You will receive an online questionnaire to complete that tells us about your current situation and any concerns. We will then discuss with you how long you will need for your face-to-face review (between 1.5 to 2 hours) at our centre in Watford.

During your annual review you'll discuss how your mobility, mental health and day-to-day life has changed over time and explore activities which may help improve your quality of life.

After your annual review a report will be sent to you and your GP; to ensure you can ask for the care and support that you need. We will keep in touch and follow this up with a review questionnaire, to ask for feedback about your annual review.



## How to get an Annual Review?

**We accept referrals from the NHS.** Book an appointment with your GP on the NHS and take this leaflet with you, to ask to be referred to The Bobath Centre for an annual review. Discuss with your GP any deterioration in your condition and health challenges that you experience linked to your CP. Ask your GP for a review of your CP by a specialist in CP and other neuro-disabilities. You may wish to mention that The Bobath Centre accepts NHS referrals, as there may not be a specialist service in your area.

Your GP will contact us and we will be in touch directly with you.

Or, if you wish to pay privately, please email us directly via [contact@bobath.org.uk](mailto:contact@bobath.org.uk) or by calling 0208 444 3355.

## Getting to your Annual Review

Your annual review will take place at The Bobath Centre in Watford.

Some people are eligible for non-emergency patient transport services on the NHS. This includes free transport to and from your appointment for:

- people whose condition means they need additional medical support during their journey.
- people who find it difficult to walk.

This service may not be available in all areas. To find out if you're eligible, you'll need to speak to your GP or the healthcare professional who referred you. Further information is available on the NHS website: <https://bit.ly/3U4Px5F>.

## Why choose The Bobath Centre?

We are a charity dedicated to supporting those living with CP and similar neurological conditions. Our experienced team of Physiotherapists, Speech & Language and Occupational therapists are specialists in CP and other neuro-disabilities and have a comprehensive understanding of the condition, based on years of experience and training.

Bobath therapy is as individual as each person. We tailor your treatment based on your main concerns and the goals you want to achieve, which can incorporate physio, occupational therapy and/or speech and language therapy.

Our annual review service has been developed following a comprehensive clinical pilot and designed following feedback from adults with CP.

## What do others say about the benefits of an Annual Review at The Bobath Centre?

We have been supporting patients with annual reviews and their feedback has been invaluable:



**The experience was positive, easy to follow and helps me maintain my movement.**

**The team showed a real understanding of the challenges in my everyday life.**



## Get in touch

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