Physiotherapy rehabilitation equipment bank – provide patient-centered service to facilitate healthy aging in community

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**Introduction**

With the major rehabilitation concept “ICF” from WHO, continuity of care in community is vital to achieve active and healthy aging in the community. Safe and timely discharge with proper community-based exercise training is highly recommended in such a situation. However, lack of suitable walking aids and exercise equipment set a hurdle to this practice for poor elderly population that lack of social support. In collaboration with the Pok Oi Hospital Chronic Illness Fund, physiotherapy rehabilitation equipment bank was established in 2011 to support the necessary patient groups to enjoy the right to have safe and active community-based rehabilitation.

**Objectives**

To promote safe and timely discharge from the Tuen Mun Hospital. To ensure a continuum of rehabilitation by engaging patients in community-based exercise and training.

**Methodology**

A total of 727 rehabilitation equipment with more than 30 varieties of items including walking aids, static bikes, portable pain-relieving modalities, muscles strengthening and pulmonary training equipment were available. With service coverage from acute to rehabilitation settings, we predominately accommodated patients with poor social support and at lower socio-economic status. After physiotherapists’ assessments, suitable walking aids would be on loan to patients without charges to prevent falls and assist basic mobility requirement to ensure safety and independence in the community. With exercise demonstration and educational leaflets, patients would be empowered to undergo self-monitored home exercise training and necessary rehabilitation items would be on loan to patients through simple procedures.
**Result**
From 2011 to now, total 974 patients were beneficial from the physiotherapy rehabilitation equipment bank. 100% of patients discharged from acute and rehabilitation wards have been prescribed with suitable walking aids and rehabilitation equipment regardless of social and financial problems. Physiotherapy rehabilitation equipment bank provided patient-centered service to ensure all patients can be beneficial from timely discharge and early community rehabilitation.