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Short-Term Intervention Team (STINT)

The Short-Term Intervention Team (STINT) is a service provided by health professionals in Cumbria to provide rehabilitation to you at home or a Copeland Community bed in a residential home.

Benefits of STINT

STINT is a short-term service, provided over a number of weeks, which aims to:

- stop you going into hospital unnecessarily
- support you on discharge from hospital
- help you retain/regain as much independence as possible.

What can STINT do for you?

The help you receive will depend on your needs. It can involve a wide range of activities, to help you regain and maintain your independence, including:

- Assessing your individual needs
- Helping you set and work towards agreed goals
- Providing rehabilitation services such as physiotherapy, occupational therapy and speech and language therapy
- Support with daily tasks such as washing, dressing and making meals
- Signposting you to other services to help you to achieve your goals
- Assessing for any equipment or adaptations you may need.
- Providing advice about exercises and walking aids

Who are we?

The team brings together the skills and experience of health professionals including:

- advanced practitioners
- speech and language therapist
- physiotherapists
- assistant practitioners
- occupational therapists
- rehabilitation assistants
- nurses
- administrators and team lead.



Who is suitable for STINT?

You may be suitable for STINT if you:

- are aged 18 or over
- have a Copeland GP
- have been newly discharged from hospital
- require short-term rehabilitation at home to prevent hospital admission

What happens after my STINT input ends?

If after STINT intervention you still need help to aid your recovery, the team will refer you to other agencies with your consent. These include:

- adult social care
- further rehabilitation services
- volunteer agencies for continuing support, for example, Age UK
- other healthcare professionals
- agencies that can supply environmental adaptations
- Community nurses for health needs

The STINT service does not replace existing services but supports and supplements them. Your GP remains responsible for your medical care. If it is highlighted that you require long-term support, then a referral will be made to the services outlined above.

Who can refer?

- GPs can refer for patients in the community
- other healthcare professionals
- care workers
- social workers
- you or your family can refer to the service

Contact us

If you would like more information or to make a referral, please contact the Copeland STINT service on

01946 853300

Copeland Short-Term Intervention Team (STINT)

Cleator Moor Health Centre
Birks Road,
Cleator Moor
CA25 5HP

Working hours: Monday–Friday 09:00–17:00.

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**
E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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