



Miranda's Physio Steps

Physiotherapy in Birmingham and Solihull For the Elderly and People with Neurological Problems

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Dear people,

First of all I want to express my admiration to all of you. You are coping amazingly well in these very challenging times. I know you have had horrible days/hours but overall you are doing very well.

Some of you are desperate for us to come back and we are very aware that some physiotherapists are up and running. However most of our patients are already challenged by their health and therefore we think the 4th of July would better. Just hang on for a little longer if you can. Obviously if you feel you are deteriorating we are happy to see you earlier.

If you prefer not to see us just yet we completely understand and don't think any more or less of you. Everybody has different needs, feelings and circumstances.

If you want us to restart your treatment please contact us as soon as possible so we can make a plan. Organisation is not as easy as it was a few months ago.

1. We will have to assess each individual by phone and decide on the assessment if it is wise to come to you. If your therapist decides it is not the right time yet is because we want to keep you safe not because we are not willing.
2. Frequency of visits might be reduced.
3. We definitely will stick to 45 minutes only. No taking dogs into the garden, putting the shopping away etc.
4. We will be asking you to let us know if you or anybody in your household is feeling unwell as soon as possible. We will have to cancel the appointments. You or the person of your household will have to be symptom free for 2 weeks.
5. We will try to see you outside if possible. If this is not possible we will be asking you if we can treat you in a room that is well ventilated (opening of a window) and if it possible in a non-communal area.
6. We will be asking you to sign a consent form to say that we can release your details to the track and trace team. Although by law (as it stands at the moment) we don't have to give your details but as healthcare professionals we might feel obliged to give your details. This means if you have been in contact with somebody who is tested positive for Covid 19 you will be contacted and asked to isolate for 14 days.
7. We will not come if we have any symptoms of feeling unwell.
8. We will be wearing gloves, masks and/or visors, aprons and sometimes overshoes. We will be asking where the best place is to wash our hands. If we have to go through the house/communal areas we will wash our hands by the car. If you have a tap outside even better. We also will use alcohol gel. This will happen between every patient.

9. If you prefer to provided appropriate PPE for us that's ok as well.
10. We strongly advise you to wear a mask yourself however we understand this can be very difficult for some of you.. We also would like you to make an attempt of washing your hands the best you can before we arrive. Again we completely understand how difficult this can be. Neither will be a reason for not seeing you.
11. You might not see our uniform as we might change our clothing more frequent between visits. This means "normal" T shirts/jogging bottoms/leggings.

We will do our utmost best to keep you safe and we hope you will do the same for us and our other patients. We will have to work together to keep all of us safe.

The "Parkview" classes will stay on line/virtual for the moment. Please keep sharing and subscribing. I can not see that we will be back soon. If anybody knows a good disabled access place can you let me know please?

Lisa (admin) will hopefully be back at end of June and the invoices from March til now will come out. I apologise for the delay.

Please contact us if you want to go ahead in July so we can make a plan or if you have any other questions.

Stay safe and well.

Just a quick thank you to Michelle, Fiona, Jo and Lisa. They all have been very supportive and keen to get us back up and going in a safe way. Very grateful to all of you.

Love
Miranda .

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