

## Best practice standards FAQs

### What are the best practice standards for community rehabilitation?

The standards have been developed to clearly set out what good community rehabilitation looks like. The purpose of the recommendations is to improve patient experience and population health and wellbeing by:

- Delivering high-quality, evidence-based rehabilitation through community services
- Reducing local and national differences in community rehabilitation services.

Embedding the best practice recommendations will:

- Clarify referral pathways and ensure their correct use
- Provide clear guidance and support on self-management and goal setting
- Focus on people's specific needs rather than their conditions
- Promote early, supported discharge from hospital and prevent avoidable re-admissions
- Ensure care is delivered at home and local communities wherever possible

### Why were the standards developed?

Widespread, unjustified differences exist in the provision and quality of community rehabilitation, and the needs of many people, who require rehabilitation, are not met. Without access to high-quality, community-based rehabilitation, people will continue to use the most expensive parts of the health and social care system, such as A&E services.

The Chartered Society of Physiotherapy (CSP), alongside a coalition of charity and professional bodies across the UK, identified the need for robust quality standards in community rehabilitation. These are to meet the needs of an ageing population and people with Long Term Conditions, living with increasingly complex problems. To be followed by everyone involved in leading, commissioning, delivering and/or receiving community rehabilitation services.

### How were the standards developed?

The standards are based on rigorous evidence and the consensus of experts (Expert Reference Group, ERG) from a broad range of disciplines across health and social care, nominated by member organisations of the Community Rehabilitation Alliance (CRA). To ensure representation from a broad range of disciplines, working in a variety of settings, academic expertise and wide representation, through patient charities.

The role of the ERG included:

- Working with patient charities to ensure patients' lived experience is reflected
- Deciding the scope and search mechanisms, system for evaluation, and the presentation of evidence to underpin the standards
- Defining the framework for analysing and presenting the standards, and overseeing the assembly and evaluation of evidence in accordance with the framework
- Agreeing the final production of tools to support adoption and implementation

## Who developed the best practice standards?

The best practice standards project, which began in June 2021, is led by Professor Diane Playford (Professor of Neurological rehabilitation and past President of the British Society of Rehabilitation Medicine) and funded by the CSP Charitable Trust.

The project is supported by the Community Rehabilitation Alliance (CRA), a broad coalition of more than 55 charities and professional bodies, who nominated an Expert Reference Group, (ERG).

## How can I get my service to adopt these standards?

There are a range of resources and tools available to help you raise awareness and support successful implementation of the standards.

In addition to the full standards document, resources include:

- A PowerPoint template to use when engaging with stakeholders
- An infographic, highlighting key messages
- A short summary of the standards
- Frequently asked questions
- Social media templates
- To support adoption, additional resources include:
  - Audit tool for monitoring patient experience
  - Clinician audit tool
  - Recommendations for data collection
  - Template for an annual report

## Who do I speak to, to find out more about the best practice standards?

You can contact

[CommunityRehab@csp.org.uk](mailto:CommunityRehab@csp.org.uk)



Find out more by visiting  
[www.csp.org.uk/publications/  
community-rehabilitation-standards](http://www.csp.org.uk/publications/community-rehabilitation-standards)  
or scan the QR code