

# Post Covid-19 Self Help Rehabilitation Guide

Returning to normal function

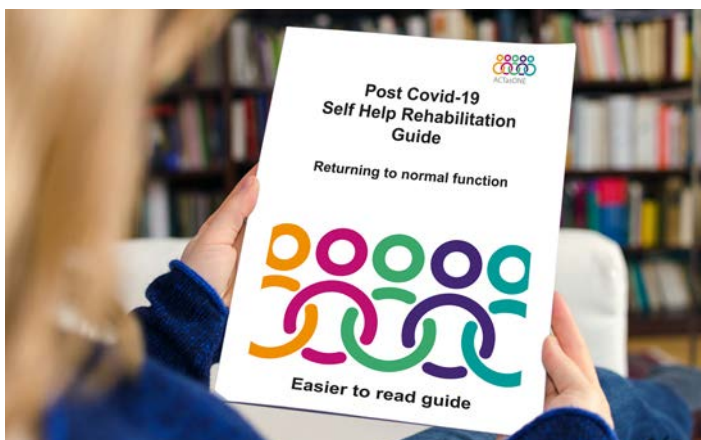


Easier to read guide

## Introduction



These booklets are for people who have had Covid-19 and have symptoms that have lasted for more than 4 weeks.



There are 6 booklets in total. This one is about returning to normal function.



The booklets have been developed by lots of different healthcare professionals.

They work together to help people with long Covid-19.

## Returning to normal function



During your recovery from Covid-19 you might find it difficult to do tasks you used to do every day.

For example you may find it hard to have a shower and get dressed on your own or you may need help with making meals.



If you feel you are struggling with these type of things, get in touch with your GP.

They can refer you to an occupational therapist.



An occupational therapist is a health care professional. They help people to get back to their usual activities and everyday life.



The occupational therapist will look at your home and see what can be changed to help you recover.





The occupational therapist will help you plan some goals and encourage you to take part in activities that will help your recovery.



This will help you get back to normal and do things you used to do before being ill.

It will help you feel more motivated and will be good for your wellbeing.

### **Social and financial issues**



If you have long Covid you may need help with your money or help with benefits. This can be stressful.



Speak to your GP practice, they can give you information on local services to give you support.

## What do I do if I have ongoing needs?



You may find that after 12 weeks you haven't fully recovered and that you need more support.



This can be normal after having Covid-19 and there are services that can help you.



If you have followed the advice in these booklets and have ongoing needs, speak to your GP.



Your GP will refer you to the post Covid syndrome assessment pathway.

You will be assessed by health professionals and they will be able to support your recovery further.

## Useful Resources

### General

NHS – Your Covid recovery

[www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk)

### Respiratory

Association of Chartered Physiotherapists in Respiratory Care – resources to help with shortness of breath, energy conservation and chest clearance using ACBT [www.acprc.org.uk](http://www.acprc.org.uk)

British Lung Foundation [www.blf.org.uk/support-for-you/long-covid](http://www.blf.org.uk/support-for-you/long-covid)

Cardio-Respiratory Physiotherapy [www.youtube.com/channel/UCIG6gd-3C8WzLQkr\\_ATal-Q/playlists](https://www.youtube.com/channel/UCIG6gd-3C8WzLQkr_ATal-Q/playlists)

Physiotherapy for Breathing Pattern Disorders [www.physiotherapyforbpd.org.uk](http://www.physiotherapyforbpd.org.uk)

### Exercise

NHS – Your Covid recovery [www.yourcovidrecovery.nhs.uk/your-wellbeing/getting-moving-again](http://www.yourcovidrecovery.nhs.uk/your-wellbeing/getting-moving-again)

### Wellbeing

NHS Every Mind Matters [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

NHS mental wellbeing audio guides [www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides](http://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides)

29k – Seek happiness, find meaning. A free app with courses and meditations <https://29k.org>

### ACAS

[www.acas.org.uk/advice](http://www.acas.org.uk/advice)

This resource was developed collectively by members of the multidisciplinary team featuring healthcare professionals working in health organisations across Bradford district and Craven. We are grateful to Leeds Community Healthcare NHS Trust and Leeds Teaching Hospitals NHS Trust for giving us permission to use and adapt their resource for Bradford district and Craven patients.

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