

The difference rehab makes

Whether Mary has timely access to rehab will affect her social life, financial security and happiness, as well as her health. Without the rehab she needs she can get stuck in a downward spiral. This is what drives health inequity



Mary, 44 works full time. She loves to exercise but has been experiencing breathlessness and has smoked in the past

Mary's GP diagnoses her with COPD. She gives Mary advice on managing her condition and how rehab and exercise can benefit her. She refers Mary to a local rehab service .



Mary continues to work and exercise, following advice from the rehab service at her appointment.



Mary attends her holistic rehab needs assessment at the local gym – carried out by a physio who is part of a clinical MDT.



The assessment considers Mary's needs. She agrees options for treatment that fit around her work, a mix of online and group rehab at the gym.



Mary's progress is reviewed. She feels confident to manage her breathlessness and has maintained her activity levels and work. She is reassured she can self-refer to rehab if she needs to in the future.



Mary's GP diagnoses her with COPD. She tells Mary it's irreversible, caused by her smoking. She gives her a leaflet about the condition, but says she can't refer her for rehab until her condition deteriorates.



Mary stops exercising. Her COPD gets worse and eventually she needs admission to hospital. Once home she has de-conditioned and has developed back pain.



Mary has to take many sick days and as a result loses her job but eventually manages to get a lower paid, insecure job.



Mary's breathlessness worsens, she is depressed and her back pain is affecting her mobility. She now sees two different consultants. She has to leave work due to deteriorating health.



Mary has another COPD exacerbation. She spends five days in hospital worrying about how she will pay her rent this month.



Mary's appointment for rehab has come through. She thinks it is too late to help her, so she doesn't take up the offer.