

# Echo Rehabilitation Project: Briefing for Council Members

## What the Echo Rehabilitation Project is

The Echo Rehabilitation Project is a collaboration between NHS specialist neurological community rehabilitation services and Corserv Care designed to improve access to rehabilitation for people with long term neurological conditions (LTNC)

## Why This Matters

Current Challenge: People with LTNC in Cornwall face:

- 6-month waits for rehabilitation
- Minimal therapy (1–2 sessions/month)
- Limited specialist access due to rural geography
- Impact: Increased risk of complications, hospital readmissions, poor quality of life and social isolation for patients and carers, reduced economic activity

## What Echo Delivers

Innovative Model:

- Mixed cohorts of 12–15 participants with LTNC
- 12-week program, 5 hours/week at Echo Centre
- Personalised care plans by neuro specialists, delivered by trained support workers

Integrated Support:

- Links to local exercise and volunteer networks
- Education for participants and carers

System Collaboration:

- Health and social care partners working together

Aligns with NHS priorities: prevention and community-based care

## Proven Impact

- Return on Investment: £16 for every £1 spent
- 75% fewer A&E visits
- 95% fewer GP appointments
- 30% reduction in hospital stays
- Efficiency: Therapy intensity increased 17-fold at 40% of usual cost
- Human Outcomes: Improved health, confidence, and independence
- Participants return to work or volunteering
- Strong peer networks continue beyond program
- Staff Benefits: Upskilled workforce, positive, innovative environment

## Current Funding & Risk

- Funding: £29,000 non-recurrent ICB investment until March 2026
- Risk: Without further funding, access will revert to private payment or delayed social care funding, increasing inequity and inefficiency

## Next Steps & Vision

- Secure sustainable funding to maintain and expand provision
- Scale the model across Cornwall
- Develop digital solutions for those unable to attend in person
- Build co-production opportunities with past participants
- Support ongoing NIHR research to strengthen evidence base

## Cost

- £50 per participant per day covers venue and support staff
- Expansion requires additional staff and digital infrastructure

## Call to Action

Council advocacy is critical to:

- Champion this proven, cost-effective model
- Secure investment for continuity and growth
- Ensure equitable access to rehabilitation for people with LTNC in Cornwall