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California House

Wellbeing Centred Care

Hospital Backlogs & Pressure

35 - 42 Weeks

Average wait for elective treatment at ESNEFT.

12+ Hours

Frequent "Trolley Waits" in A&E due to exit blocks.

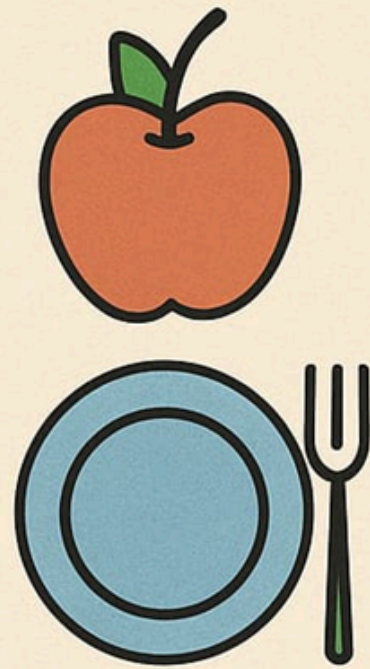
12+ Weeks

Average wait for routine Rehab care to start in the community

The Crisis: Patients remain in acute beds (Ipswich Hospital) despite being medically fit, leading to muscle wastage and "corridor care" for incoming emergencies.

The Solution: California House acts as a high-tech "Step-Down" facility, accelerating discharge and freeing up NHS capacity.

THE 5 PILLARS OF WELLBEING



EATING

Nourishment
for body
and mind



SLEEPING

Rest and
restoration



MOVING

Energy
and vitality



THINKING

Mindset and
mental clarity



RELATING

Connection
and belonging

We believe that a person's wellbeing is more than the sum of their physical needs – it is about living meaningfully, comfortably, and with dignity, even in the context of frailty or cognitive decline.

Our Reablement Ethos

"Not just caring for people, but empowering them to return home."

- Whole-Person Approach: Moving beyond medical stability to "Life Readiness."
 - D2A Support: Directly supporting the 'Discharge to Assess' local pathways.
- Outcome Driven: Every day is focused on measurable progress toward the front door

Recover Stronger. Safer. Sooner.
California House provides advanced rehabilitation in a calm, supported environment.

We help adults recovering from:

- Hip or knee replacement
- Stroke or neurological conditions
- Cardiac or respiratory illness
- Sports injury
- Frailty or mobility decline
- Women's health concerns

What Makes Us Different?

- Accommodation-based rehabilitation
- 24/7 nurse-led support
- Specialist physiotherapy
- Advanced rehabilitation equipment
- Structured, goal-focused programmes
- No GP referral required

Precision Equipment

AlterG Anti-Gravity Treadmill

NASA-inspired technology that reduces body weight by up to 80%. Enables pain-free walking for post-op patients and reduces fall risk during gait training.





HUR Smart Balance

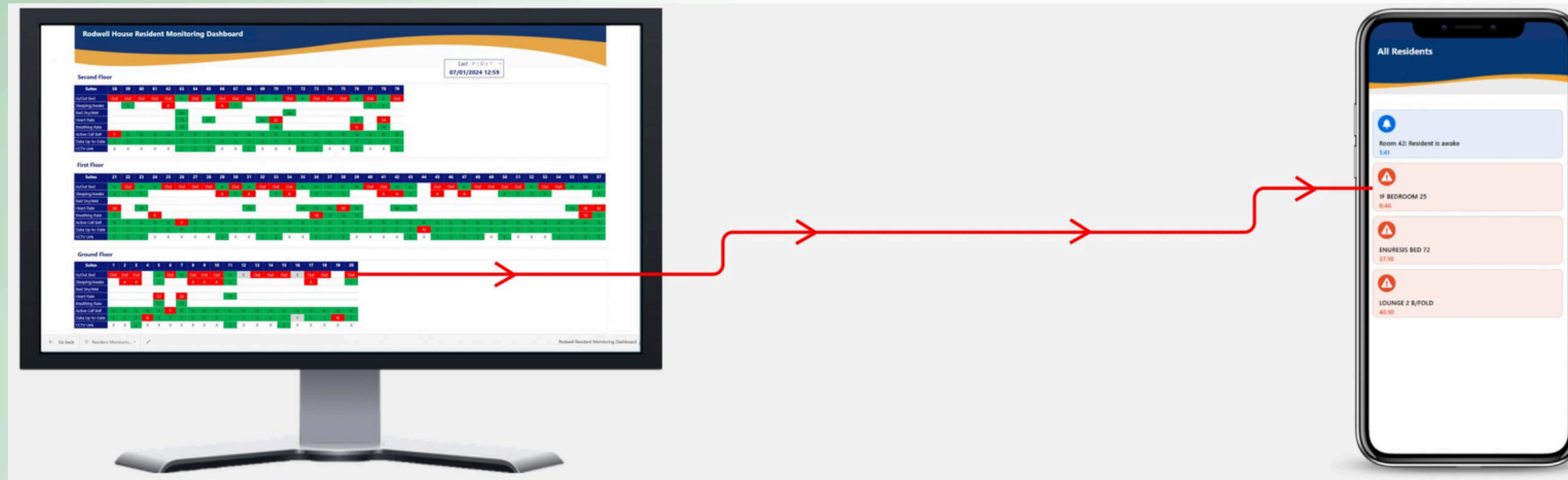
Interactive testing and training. Provides diagnostic data on balance deficits and uses gamified exercises to improve vestibular health.

HUR Multi-Function 4X

Pneumatic (air-pressure) strength training.
Safer for elderly joints than traditional weights, allowing for progressive resistance without "snapping" movements.



AI-Driven Assessment & Integration



We leverage cutting-edge technology to keep staff on the floor, not at desks:

- **Voice-to-Daily-Review:** AI captures MDT meetings and voice notes to update care plans instantly.
- **SystemOne & GP Connect:** Seamless integration with the local GP "Site" to view medical history, medications, and hospital discharge notes in real-time.
- **Data Transparency:** Families and clinicians get live updates on rehabilitation milestones.

Local Bed Cost Comparison

Setting	Est. Daily Cost	Focus
Acute Hospital ESNEFT (Ipswich)	£750 - £1,000	Crisis/Medical
Community Hospital (e.g. Bluebird Lodge)	£450 - £550	Clinical Step-Down

The "Reablement Dividend": By reducing stay length from 6 weeks (standard) to 3 weeks (intensive), we save the health system over £10,000 per patient.