

# Stroke Early Supported Discharge Service

Supportive home based rehabilitation service to promote recovery following a stroke. Tel: 01902 445921



## What is Early Supported Discharge for stroke patients?

Early Supported Discharge (ESD) is a service which enables stroke patients to return home sooner with ongoing rehabilitation. The team visits you in your own home and will support you following your stroke. We work with you to set realistic goals that you want to achieve. The service is short term and the length of time we are involved will vary dependent upon your needs.

## Who is suitable for ESD?

People over 18 years of age who are:

- Registered with a Wolverhampton GP
- Registered with a Seisdon Peninsula GP

Referrals are made by the team caring for you in the hospital. It is suitable for people who can manage to meet their own basic needs for example, getting to toilet by yourself or with the help of someone who lives with you.

This service may not be appropriate for all stroke patients.

## Who is in the Team?

- Physiotherapists
- Occupational Therapists
- Speech & Language Therapist
- Assistant Stroke Practitioners
- Nursing support provided by the community intermediate care team if required
- Stroke Consultant sessions

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## What do we do?

We provide assessment, advice and treatment to help you with the effects of your stroke. We can also advise your family or other carers about the best ways of assisting you. This could include becoming independent again with everyday tasks such as washing and dressing yourself, making drinks and meals or improving your balance and walking pattern.

The team can also provide specific treatment for example swallowing, speech difficulties, weakness in your arm or difficulties with concentration or memory.

## How often will you be visited?

You will receive an assessment and we will discuss with you how often we will visit according to your needs. We usually visit frequently following your return home and then reduce the level of support as you meet your goals.

## What do I have to do?

You will receive advice about what you can do to help yourself to recover from your stroke. We will be asking you for commitment to the agreed goals and treatment programme.

You may be given exercise, activities or tasks to help with your recovery.

## What happens after the ESD Service?

If required you will be referred onto other services such as outpatient therapy or social services. We will explain these services and agree that you are happy for us to share your details with them. The Community Stroke Specialist will continue to review and monitor your progress.

## Any questions?

Please speak to a member of the stroke team caring for you.

## What you can do to help us to develop our service?

We welcome your comments and suggestions about our service.

You will be asked to complete a questionnaire when you are discharged from the team. We would be grateful if you could complete and return this as we value your feedback.

## **English**

**If you need information in another way like easy read or a different language please let us know.**

**If you need an interpreter or assistance please let us know.**

## **Lithuanian**

**Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.**

**Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.**

## **Polish**

**Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.**

**Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.**

## **Punjabi**

**ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।**

**ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।**

## **Romanian**

**Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.**

**Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.**

## **Traditional Chinese**

**如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。**

**如果您需要口译人员或帮助，请告诉我们。**