

# A Guide to our Stroke Early Supported Discharge Service (ESD)

You are now out of hospital because you are medically stable. You can continue your therapy with our team.

**After a stroke**, you might need help with:

- Talking and understanding
- Regaining strength and/or balance
- Doing everyday things
- Eating, drinking and swallowing
- Managing your mood
- Your health and medication
- Coping with vision changes
- Your thinking skills

## What is Early Supported Discharge (ESD)?

Early Supported Discharge will aim to help you to continue to recover at home, or where you have been discharged to.

We work **Monday to Friday 8:30am – 4:30pm**

We work with you, your family/ friends, and other services (such as reablement/carers).

We may need to share relevant information about you. If you rather we didn't, let us know.

## Your appointments

We will contact you within 72 hours of your discharge from hospital.

We will talk to you about how often we would recommend your appointments should be.

If you don't need or want a face-to-face visit, we may suggest telephone reviews.

## How long does Early Supported Discharge last?

We can help you for up to **6 weeks**. If further therapy is required after this time, we will refer you to the Community Rehabilitation Team for on-going therapy. We can also refer you to other services, such as the Stroke Association and/or Better Living.

## Who will help you?

All ESD staff have special skills in treating people who have had a stroke. We work together to identify and work towards your therapy goals.

You might be treated by:

- **Speech and Language Therapists** will help you with speaking, reading and writing. They will help you communicate. They also help with swallowing problems.
- **Physiotherapists** help with your movements and mobility. They can provide exercises to help make your body stronger and/or improve your balance.
- **Occupational Therapists** will help you do everyday things like cooking and shopping. They can help with thinking skills and managing your mood.
- **Nurses** will give advice to you and your family on how to keep you healthy. They will also look at your blood pressure and medication. This is to reduce your risk of having another stroke.
- **Rehab Assistants** help you to practise the exercises the therapist has given.

## Want more information?

Call us on **01422 358146** or **07795 540227**

Your therapist(s) or named therapist is: \_\_\_\_\_

### Other useful numbers

Gateway to Care / Social Services **01422 393 000**

Stroke Association **0303 3033 100** ([www.stroke.org.uk](http://www.stroke.org.uk))

If you have concerns about your general health, contact your GP

In an emergency, contact NHS **111** or **999**

**If you have any comments about this leaflet or the service you have received you can contact :**

Community Rehabilitation Team  
4th Floor, Bowling Mill  
Dean Clough  
Halifax  
HX3 5AX

Telephone: 01484 343818

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

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਵੇਰ ਪ੍ਰਾਚੁਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"