

## How you can contact us

If you would like to speak to someone on the team, please contact us at:

**Stroke ESD Office**  
**Redcar Primary Care Hospital**  
**West Dyke Road**  
**Redcar**  
**TS10 4NW**  
**Contact telephone number:**

If we are unavailable please leave a message on our answer machine and we will return your call as soon as possible.

If you want to ask the ESD team something you can use this space to remind you when you talk to them.

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## Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

### Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.

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**Marion Road, Middlesbrough, TS4 3BW.**  
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# Stroke Early Supported Discharge Service

Patient Information



## What is stroke early supported discharge (ESD)?

Stroke ESD is a service that is offered to people who have had a new stroke, are well enough to leave hospital and who have been identified as appropriate for further specialist stroke therapy at home. Therapy may include; dietetics, occupational therapy, physiotherapy and speech and language therapy.

## What does the Stroke ESD team do?

The purpose of the team is to enable appropriate stroke patients to return home from hospital sooner and receive their therapy in the community.

### This may include rehabilitation for:

- mobility
- communication and / or swallowing difficulties
- washing and dressing
- preparing meals/ drinks
- emotional support
- care givers support, teaching and education



## Who are the stroke ESD team?

### The team comprises of:

- stroke physician
- dietitian
- occupational therapists
- physiotherapists
- speech and language therapists
- therapy assistants



Depending on your needs the specialist therapists and therapy assistants will visit you appropriately each week to meet your agreed goals.

A member of the team will be named as your key worker and will act as a contact for you throughout your care.

**The name of your key worker is:**

## Why have I been referred for stroke ESD?

You have been identified as potentially benefitting from our service because:

- you no longer need medical treatment in hospital
- you need further rehabilitation by a team of specialist therapists
- we feel that we can support your recovery in the community

## How long will I receive this service?

Stroke ESD is available for up to a maximum of six weeks, to assist you to continue your therapy at home. The level of rehabilitation you receive will depend upon your level of need and your agreed goals.

If you require further longer-term rehabilitation following ESD, the options available to you will be discussed.