Early Supported Discharge (ESD) for Stroke Service
Information for patients
Early Supported Discharge (ESD) for Stroke Service

The aim of the Early Supported Discharge (ESD) for Stroke Service is to enable stroke patients, who are medically stable, to return home from hospital as soon as possible and to provide specialist rehabilitation in their own home.

The ESD team will work with you to identify the best focus for your stroke rehabilitation and to set meaningful goals that are important to you.

Our team comprises:

- **Physiotherapists** who will focus on improving your physical function and mobility such as walking and transfers

- **Occupational Therapists** who will focus on building your confidence and ability to carry out daily activities such as washing, dressing, preparing meals, going to the shops, bus travel, return to work and leisure activities

- **Speech and Language Therapists** who will focus on improving your ability to communicate and swallow

- **Dietitians** who can provide information about meeting your nutritional needs and advice on following a diet which promotes stroke prevention

- **Rehabilitation Assistants** who provide support to the therapists and work with you to help achieve your goals.

We will also support relatives, carers or friends who are involved in your care and rehabilitation.
How long will the service last for?

This varies for each person; it could be a few days for some, and could be up to six weeks. It will depend on the goals identified and your progress.

Throughout your rehabilitation we will regularly review your progress and discuss your future needs. We will refer you to other services where needed.

How you can help us

When we visit, we may need to wash our hands, so washing facilities and a clean towel would be most welcome.

Please keep any pets under control during our visits.

We work under a ‘No Smoking’ Policy; please help us to work in a smoke-free environment and do not smoke just before or during our visits.

To reduce the risk of injury our team members must use only the recommended equipment provided.

Are there any costs?

The service is provided free by Oxford University Hospitals.

You may find it helpful to buy some small things to help you manage at home and aid your rehabilitation. We can give you more information about this.
Find us and contact us

We are based at the John Radcliffe Hospital and we cover Oxford City, Kidlington, Woodstock, Bicester and the villages inbetween.

We work Monday to Friday 8.00am - 4.30pm

Early Supported Discharge for Stroke Service
Level 4, Lionel Cosin Day Hospital
John Radcliffe Hospital
Headington
Oxford OX3 9DU

Telephone numbers
Early Supported Discharge office: 01865 572 723
Lead Therapist: 07879 667 747 / 07717 586 592

Further advice and support
Stroke Association: 020 7566 0310
www.stroke.org.uk

For more information please see www.ouh.nhs.uk

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALS@ouh.nhs.uk

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