



Oxford University Hospitals  
NHS Foundation Trust

# 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 live in Oxfordshire, and who are medically stable, to return home from hospital as soon as possible, and to provide specialist rehabilitation within the 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
- **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

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. We ask that no one smokes in the house 30 minutes prior to our session or during the session.

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

### Early Supported Discharge for Stroke (ESD) Service

Oxford Centre for Enablement  
Windmill Road  
Headington  
Oxford OX3 7LD

Tel: **01865 572 723**

If no answer, please leave a message. Messages are checked daily Monday to Saturday at 8.00am and 12 noon.

## Further advice and support

### Stroke Association

Tel: **020 7566 0310**

Website: **[www.stroke.org.uk](http://www.stroke.org.uk)**

For more information please see **[www.ouh.nhs.uk](http://www.ouh.nhs.uk)**

Therapist	Contact number

### **Further Information**

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

The logo for Oxford Hospitals Charity, featuring the text "Oxford Hospitals Charity" in a bold, sans-serif font, with "Oxford" on the top line, "Hospitals" in the middle, and "Charity" on the bottom line. The text is contained within a circular border.