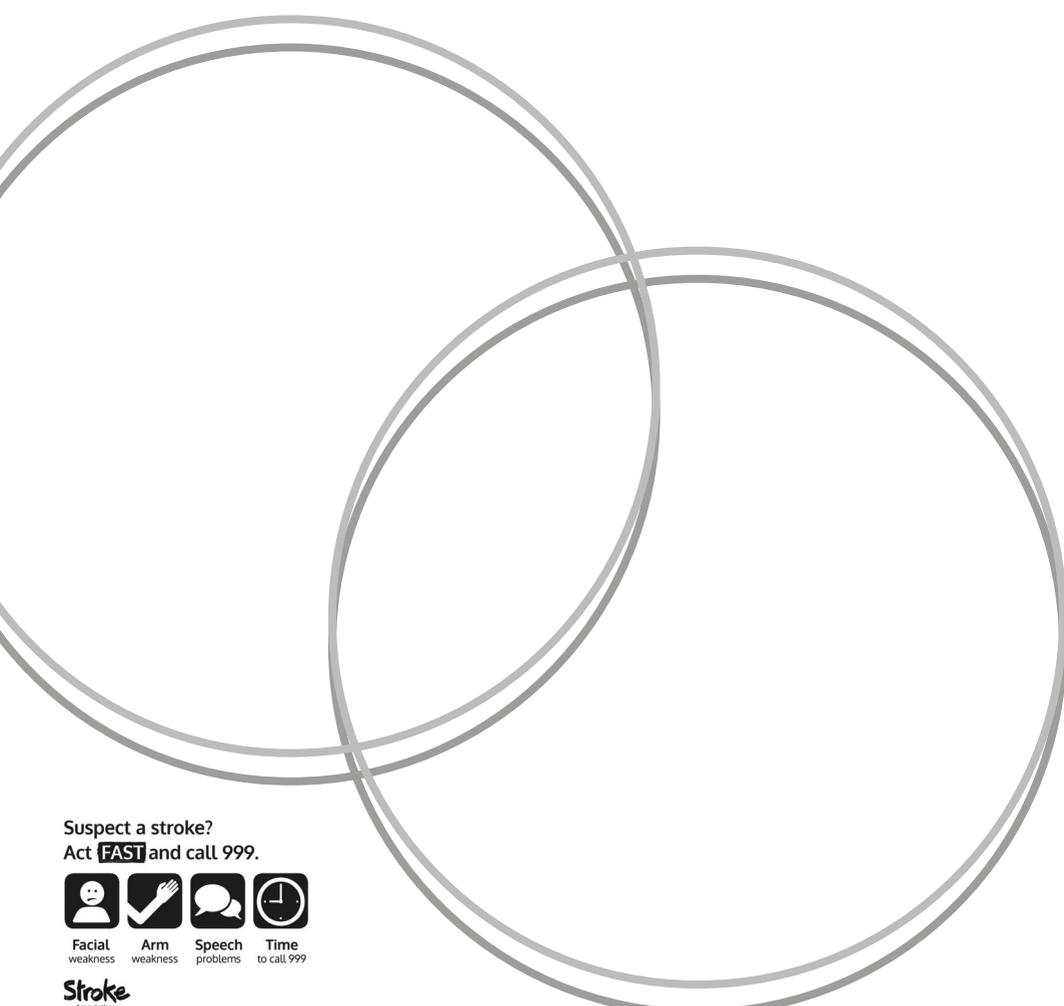


Early Supported Discharge (ESD) for Stroke Service

Information for patients



Suspect a stroke?
Act **FAST** and call 999.



Facial
weakness



Arm
weakness



Speech
problems



Time
to call 999

Early Supported Discharge (ESD) for Stroke Service

We are the Early Supported Discharge Service. This is a therapy led team providing specialist rehabilitation to individuals in their homes after they have had a stroke. We aim to facilitate discharge from hospital as early as possible for individuals who are medically fit and have an Oxfordshire GP, which they live within the catchment area of.

Our aim is to help you work on things that are important to you. We 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** - Focus on improving your strength, balance and mobility.
- **Occupational Therapists** - Focus on using everyday activities (occupations) to promote health, well-being, and your ability to participate in what is important.
- **Speech and Language Therapists** - Focus on improving your ability to communicate and swallow.
- **Nurses** - Focus on secondary stroke prevention, blood pressure monitoring and medication queries.
- **Clinical Psychologist** - Focus on providing emotional and psychological support and adjustment.
- **Rehabilitation Assistants** - Work alongside the therapists to help you achieve your goals.
- **Stroke Administrator** - Supports the team with the administrative processes to run the service.

We will also support relatives, carers or friends who are involved in your care and rehabilitation.

What we do

We come to the place where you are living. This could be your home, nursing home or a relative's house. Your appointments may also be in the form of telephone or video calls, depending on your needs. Appointments last up to an hour. Some people can manage visits every day, Monday to Friday, but not everyone needs this much therapy. We work on Saturdays for urgent visits only, there is no service on a Sunday.

How long will the service last for?

This varies for each person, depending on your goals identified and the progress made. This could be a few days for some patients and up to six weeks for others.

Throughout your rehabilitation we will regularly review your progress and discuss your future needs. You may still have difficulties at the end of our time together. We will refer you to other services where needed.

We can put you in touch with the Stroke Association who can provide a range of resources and services.

If you wish to make contact with the Stroke Association directly before that time, you can call or email:

Telephone: **01865 771 624**

Email: **oxfordshire@stroke.org.uk**

How you can help us

We will assess the risks of visiting your home before our first visit. Thank you for cooperating with us to make our visits safer. If you or your family smoke, we ask you that you please refrain from smoking in your home for at least two hours prior to our visits.

We encourage relatives to take part in therapy sessions and have an active role where possible. If your relative would like to know how best to care for you and help with your rehabilitation, please ask your treating team.

If you or a member of your household are ill, please inform us before we visit. We can then either arrange a remote appointment or reschedule. This enables us to protect our staff and other vulnerable patients, and ensures you are well enough to participate in rehabilitation.

What should you do if you think you are having a stroke?

If you think you may be experiencing a stroke, or any other medical emergency, please DO NOT call the ESD team office, we are not an emergency service. To ensure you receive urgent care as quickly as possible, please call 999. Please call 111 for less urgent medical matters. The FAST test can help you to recognise the most common signs of a stroke.

Suspect a stroke?
Act **FAST** and call 999.

			
Facial weakness	Arm weakness	Speech problems	Time to call 999

Stroke
Association

Privacy, Dignity and Respect

We expect our staff to do their best for you. We expect them to treat you with dignity and respect and to take steps to preserve your privacy. In the same way, we do not expect our staff to be subjected to any form of threatening or abusive behaviour.

Oxford University Hospitals NHS Foundation Trust operates a zero-tolerance policy.

Contact us

Early Supported Discharge for Stroke (ESD) Service

Oxford Centre for Enablement
Windmill Road
Headington
Oxford OX3 7HE

Telephone: **01865 572 723**

Email: **oxford.esd@ouh.nhs.uk**

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

Please contact a member of the team if you have any non-urgent questions or comments.

Therapist:	Contact number:

Notes:

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Stroke Service
October 2024
Review: October 2027
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

