

Supporting you after a stroke - Early Supported Discharge Service (ESDS)

Stroke Service

Information for Patients

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What is the Early Supported Discharge Service (ESDS)?

Our team provide specialist stroke rehabilitation and support for you in your own home so that you do not have to stay in hospital any longer than needed.

Our service covers the Leicester, Leicestershire and Rutland area. You will need to be registered with a GP within this area to be seen by our team.

Contact details:

Telephone: 0116 258 8862

Monday to Friday - 8am to 4.30pm (answer machine available)

Address:

Between wards 1 & 3

Leicester General Hospital

Gwendolen Road, Leicester LE5 4PW

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What will the service help me with?

- We will help you understand your difficulties and help you to achieve your goals.
- We will help those close to you understand what has happened, so that they can help you.
- We will find out what 'getting better' means to you and help you get as close to that as possible.

Who is in the team?

Our team work together to support your recovery. They include:

- Occupational therapists
- Physiotherapists
- Speech and language therapists
- Stroke specialist nurses
- Therapy support workers
- Team admin support
- Neuro-clinical psychologist
- Links to a stroke consultant



Some examples of what ESDS might help you with

- Improving walking, balance or use of your arm/ hand.
- Improving your ability to carry out daily activities e.g. washing, dressing, cooking.
- Getting back into the community e.g. going to the shops, using the bus, returning to social activities.
- Returning to leisure activities e.g. swimming, cycling etc.
- Working on your thinking skills e.g. memory and attention.
- Improving speech and language skills e.g. speaking, reading and writing.
- Supporting alternative communication methods.
- Improving swallowing for eating and drinking.
- Advice about medications.
- Blood pressure management.
- Reviewing any difficulties related to using the toilet or continence.
- Support with stopping smoking.
- Advice and education on health and well-being after a stroke.
- Support with emotional concerns.
- Information and education for carers/ family members.
- ESDS run an upper limb therapy group at Leicester General Hospital on a Thursday morning. Patients can attend this group weekly whilst with ESDS. Your therapists will tell you if this is something that would be beneficial for you to attend.



When will the first visit be?

The first visit from the ESDS team will be the next weekday after you leave hospital. At this visit we will support you in identifying what you want to achieve and discuss how we can help you to do this. You will be given a weekly timetable of visits.

Visits will take place between 8am and 4.30pm, Monday - Friday.

How long does it last for?

ESDS can provide therapy for up to 6 weeks after you leave hospital. Not everybody needs this amount of time, and it will be reviewed according to your goals and the progress that has been made.

During your time with this service, we will monitor progress towards your goals and after discussion with you, we will adjust the number of visits per week according to your needs. If you have ongoing needs after support from our service has finished, you will be referred onto the appropriate team.

What will be expected of me to help with my recovery?

Evidence has shown that repeated practice will help your recovery. We will need you to actively take part with your therapists and practice outside of therapy sessions. Your therapists will discuss and agree with you what and how you can practice outside of sessions. If you have carers supporting you, ESDS will work closely with the care team. We will provide advice on ways they can perform daily tasks with you to increase your independence. You will need to work with your carers to complete your daily tasks if you are able to.

What if I need help with daily tasks at home?

If the therapists in hospital think that you will need more help when you are at home to complete your daily activities e.g. getting yourself washed and dressed or preparing a meal, this will be provided by Social Services. ESDS work closely with the care teams. Social Services will give you information about their services. These run 7 days a week.

Getting further advice and support

We can help you to access advice and support from other organisations, such as:

- Active Lifestyle Scheme
- Age UK (0116 299 2233) - www.ageuk.org.uk
- Different Strokes (0345 130 7172) - www.differentstrokes.co.uk
- Royal Voluntary Service
- The Stroke Association (0303 3033 100) - www.stroke.org.uk
- Information about stroke groups in various locations



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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