

Your stroke recovery at home: Early supported discharge (ESD)

Warrington Community Neurosciences Team

Information for patients and carers.

• **Home • Community • Hospital**
Caring for you

About our team

We help people recover and become more independent after a stroke.

We understand life can feel quite different after a stroke.

We use therapy (treatment to help recovery) to help you:

- regain skills and movement
- learn new ways to do everyday tasks

Our team

- physiotherapists (experts in movement, strength, and balance)
- occupational therapists (experts in supporting patients to do as much as they can by themselves including daily tasks like washing and dressing)
- therapy assistants (staff who support patients with their therapy plan)

What is early supported discharge (ESD)?

ESD means you can go home from hospital (be discharged) sooner, if it is safe.

We work closely with colleagues at Warrington Hospital to support this.

After being discharged you will continue your therapy at home.

You may be offered this service if:

- you are medically well enough to leave hospital
- it is safe for you to go home
- you still need therapy when you leave hospital

What to expect

Your therapy will start when you get home.

- You may see a therapist, from the hospital team, at home for the first 3 to 4 weeks
- After this, you may see a therapist from our team who will provide support for around 3 more weeks

How long we work with you depends on:

- your goals
- how you are progressing in your recovery

Sometimes, we may support you for longer if needed.

Your goals

Your therapy is based on what matters to you.

We may also work with your family or carer to achieve your goals.

Your goals are your choice. We will help you think about them.

They might include:

- building strength
- walking and balance
- doing daily tasks like washing, dressing, or making a drink
- improving memory and concentration
- getting help if you are worried or have low mood
- returning to driving
- going back to work
- coping with tiredness

What we ask from you

We work as a team with you and ask that you:

- take part in therapy
- practise exercises between sessions

We are here to support you. You are not alone.

Please ask us if you have any questions.

Contact us

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We are available Monday to Friday, 8am to 5pm.

Appointments

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