

Early Supported Discharge after a stroke

Information and advice for patients

Stroke Services

What is the stroke Early Supported Discharge (ESD) Team?

The stroke ESD Team can provide support and rehabilitation for up to 6 weeks in your home in the early stages of your recovery after a stroke. If you need further support after this period, the team will discuss this with you and make arrangements as appropriate.

The specialist team includes

- Physiotherapists
- Occupational Therapists
- Speech and Language Therapists
- Dietitians
- Clinical Nurse Specialists
- Home care support workers

What are the benefits of ESD?

- To support you to return home.
- To support your on-going recovery at home

We will do this by working with you to set goals for improvement and give you the support you need to achieve them.

When will I see the stroke ESD team?

Our aim is for one of our team members to contact you within 3 days of you being discharged from hospital.

Your first appointment will be:

With: _____

Date: _____ Time: _____

(We will arrange for an interpreter to be present for your first appointment if you do not speak English)

Contact details

You can contact the ESD team by calling:

Sandwell Integrated Care Service

Tel: 0121 507 2664 (option 5)

8am-6pm, Monday – Friday

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Useful contacts for community services:

Birmingham

Adults and Communities Access Point (ACAP)

Adult Social Care, Aids and Adaptations and Blue Badge enquiries

0121 303 1234

Single Point of Access for Patients in Birmingham (SPA)

Community nursing and therapies

0300 555 1919

24 hours a day, seven days a week

The Stroke Association

Christine Tooth, Family and Carer Support Coordinator

0121 507 4480

9am-5pm, Monday – Friday

Benefit Advice Services

Citizens Advice Bureau

0844 477 1010

Age Concern (Birmingham)

0121 296 2443

Age UK (Birmingham)

0121 437 0033

Birmingham Carers helpline

0121 271 0808

Sandwell

STAR (Sandwell Therapy and Reablement)

0121 569 4830

7am-11pm, Monday – Sunday

Community Health Services

0121 507 2664

Option 1 District Nursing

Option 2 Foot Health

Option 3 Physiotherapy

Option 4 Community Orthopaedics

Option 5 Integrated Care Services

Mon-Fri, 8am-6pm

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Sandwell Council ASSIST

Adult Social Care, Aids and Adaptations and Blue Badge enquiries

0845 352 2266

8am-8pm, Monday – Friday

The Stroke Association

Deborah Long, Information and Advice Support Coordinator

0121 588 7200

Josh Murphy, Information and Advice Support Coordinator

0121 588 3484

9am-5pm, Monday – Friday

Benefit Advice Services

Citizens Advice Bureau (Sandwell)

0121 544 6202

Age UK (Sandwell)

0121 500 1860

Sandwell and Birmingham

Different Strokes

Support for younger stroke survivors

0845 130 7172 or 01908 317618

9am-5pm, Monday-Friday

www.differentstrokes.co.uk

The Stroke Association

0303 303 3100

9am-5pm, Monday – Friday

www.stroke.org.uk

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5495 or email: swb-tr.swbh-gm-patient-information@nhs.net



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