

Stroke Services

Early Supported Discharge (ESD) Team

Information and advice for patients

Therapies

What is the service?

We are a team of allied health professionals offering rehabilitation to stroke patients in their own home following their discharge from hospital.

We provide a specialist stroke rehabilitation service, following your stroke to help support you to regain independence at home and aim to promote returning to everyday activities.

What does the service offer?

We offer up to six weeks of therapy, working on individualised therapy programmes that reflect the patient's goals.

The team will provide a patient-centred service, which will include assessments of current abilities and reviews of progress made, tailored therapy programmes, stroke education and training to promote independence and longer term self-management.

Some patients may not require six weeks of input and may be discharged earlier, as the rehabilitation programme we create with them will be based upon their goals and clinical needs.

How can I access the service?

The ESD Service sees patients living within the Sandwell and West Birmingham area, who have had an acute stroke. The team will work closely with hospital stroke services to identify those patients who would most benefit from our service. Not all stroke patients are eligible.

To be eligible for this service, our patients must have identified goals, be safe within their home environment, with or without a carer present, and be able to tolerate an intense programme of rehabilitation for up to six weeks.

Who is it run by?

Our ESD team includes; physiotherapists, occupational therapists, speech and language therapists, rehabilitation assistants and access to clinical psychology. We also have links to social care, dietetic support and stroke consultants.

Stroke Services

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Information and advice for patients

Therapies

Your ESD team

Speech and Language Therapist _____

Physiotherapist _____

Occupational Therapist _____

Rehabilitation Assistant _____

What happens once you are discharged from ESD?

Our aim is for our patients to have achieved their rehabilitation goals. If you need further support to reach these goals after this time, we are able to refer you into the appropriate community services, dependent on your needs.

You can be discharged at any point of the six-week service, once goals have been achieved.

If patients still require rehabilitation after six weeks with ESD, they may be referred to one of the following Community Therapy Teams:

Integrated Care Service (Sandwell residents)

Community therapies and Nursing

Tel: 0121 507 2664 (option 5)

Birmingham Community Stroke Team (Birmingham residents)

Tel: 0121 446 2130

Single Point of Access for Patients in Birmingham

Community Therapies (Occupational Therapy and Physiotherapy) and Nursing

Tel: 0300 555 1919

Contact details

We are based at Sandwell General Hospital.

Available: Monday – Friday, 8am–4pm

Address: Sandwell General Hospital, Lyndon, West Bromwich, West Midlands, B71 4HJ

Tel: 0121 507 2626

For urgent medical care:

Please call your GP or in an emergency dial 999.

Stroke Services

Early Supported Discharge (ESD) Team

Information and advice for patients

Therapies

Useful Contacts:

The Stroke Association

0121 588 7200 (Sandwell)

0121 507 4480 (Birmingham)

www.stroke.org.uk

Headway

Black Country:

01384 869961

www.headwayblackcountry.co.uk

Birmingham and Solihull:

0121 457 7541

www.headway-bs.co.uk

Sandwell ASSIST, Adult social care, Blue Badge, Equipment and Adaptations

0121 569 2266

Birmingham Adults and Communities Access Point – Adult social care, Blue Badge, Equipment and Adaptations

0121 303 1234

For more information about our hospitals and services please see our website

www.swbh.nhs.uk, follow us on Twitter @SWBHnhs and like us on Facebook

www.facebook.com/SWBHnhs.

Stroke Services

Early Supported Discharge (ESD) Team

Information and advice for patients

Therapies

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Physiotherapy					
Occupational Therapy					
Speech and Language Therapy					
Rehab Assistant					
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Physiotherapy					

Stroke Services

Early Supported Discharge (ESD) Team

Information and advice for patients

Therapies

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Occupational Therapy					
Speech and Language Therapy					
Rehab Assistant					

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Physiotherapy					
Occupational Therapy					

Stroke Services

Early Supported Discharge (ESD) Team

Information and advice for patients

Therapies

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Speech and Language Therapy					
Rehab Assistant					

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Physiotherapy					
Occupational Therapy					
Speech and Language Therapy					

Stroke Services

Early Supported Discharge (ESD) Team

Information and advice for patients

Therapies

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Rehab Assistant					
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Physiotherapy					
Occupational Therapy					
Speech and Language Therapy					
Rehab Assistant					

Stroke Services

Early Supported Discharge (ESD) Team

Information and advice for patients

Therapies

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Physiotherapy					
Occupational Therapy					
Speech and Language Therapy					
Rehab Assistant					

Stroke Services

Early Supported Discharge (ESD) Team

Information and advice for patients

Therapies

Sources used for the information in this leaflet

- NHS England West Midlands Clinical Networks – Stroke Care in the West Midlands: Early Supported Discharge & Rehabilitation. (Version number: 0.6, First published: February 2019, Updated: April 2019)
- Stroke rehabilitation in adults (2013) NICE guideline CG162, recommendations 1.1.3 and 1.1.8 (key priorities for implementation)
- Stroke in Adults; Quality Statement 4: Early Supported Discharge (2016) NICE Guidance, Quality standard [QS2] Published date: June 2010 Last updated: April 2016.

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



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