

# Rowley Hospital - Stroke and Neurology Rehabilitation

Information and advice for patients

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We are a specialist integrated care team of: Nurses, Health care assistants (HCA's), Physiotherapists (PT), Occupational Therapists (OT), Speech and Language Therapists (SLT), Psychologists, Dieticians and Rehabilitation Assistants.

We work with individuals and their families to provide high quality care, rehabilitation and discharge planning following a stroke or other neurological event.

**Eliza Tinsley Ward contact numbers are as follows:**

0121 507 6354

0121 507 6307

## Visiting Times and Meal Times matter:

Visiting Times are: 11am-8pm daily. No visiting permitted outside of these hours, unless discussed and agreed by ward sister. **Maximum two visitors at a time please.**

Meal times are between 12:00-13:00 and 17:00-18:00. We encourage carers and families to assist with meal times for patients that require assistance. **Maximum one visitor at a time for meals please.**

## What to expect?

Once admitted to Rowley, you will have a therapy plan tailored to your individual goals. We will work with you with the aim to regain as much independence as possible in the activities which are important to you. We may complete individual therapy session or group sessions with other patients as part of your rehabilitation.

Rehabilitation is a 24 hours process. Once you are able to get out of bed into a chair it is important to aim to complete this daily. You will be encouraged to keep active and the whole MDT will support with this.

## Communication

If you are unable to provide updates to your friends/relatives the therapy team will be available between 3-4pm to speak to them as needed.

## What to bring

Whilst you are at Rowley we encourage you to wear your own clothes. We suggest your visitors bring the following items that you would normally have or wear if possible:

- **Day clothes:** preferably clothing you feel comfortable but are practical for physical therapy sessions. For example shorts, joggers, loose trousers, t-shirts, jumpers. Supportive footwear with backs i.e. trainers.
- **Evening clothes:** Pyjamas or night dresses for night time. Slippers.
- **Suggested toiletries:** shampoo, shower gel, soap, toothbrush and toothpaste, deodorant, moisturiser, hair brush, comb, shavers, face cloths.
- **Sensory aids:** glasses, dentures, hearing aids.
- **Food and drink:** any snacks and drinks you normally enjoy.

## Nursing team

The nursing team will help to assist you with your personal care, nutrition, mobility and medications. They will also take your observations throughout the day. The medical team will monitor your condition; this may include organising appropriate scans and tests to inform your treatment plan.

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## Occupational Therapy

The Occupational Therapy Team will work with you to identify the impact of your stroke or neurological event on your ability to do tasks, such as; personal care, meal preparation and shopping. This may be through exploring changes in your thinking, memory and understanding; arm function or overall physical ability. You may require a home visit by one of the Occupational Therapy team to assess for specialist equipment needs for discharge, which will be arranged with you and your family.

## Physiotherapy

Physiotherapists will assess your movement which includes looking at sensation, co-ordination, strength, mobility and balance. The physiotherapists will agree a treatment plan with the aim to improve your independence.

## Speech and Language

The Speech and Language Therapy team will work with you to assess your swallowing and/or communication. This could include your understanding and use of language as well as your speech production. The team will identify your needs and provide a management programme which will continue into community services.

## **Clinical Psychology**

The Psychology Team will work with you and the MDT to help you understand and manage the emotional impact following a stroke. It is normal to experience difficult emotions in the early weeks and months following a stroke. The psychologist will spend time talking to you, to assess how best to support you and offer advice on strategies that can help manage the difficulties you may be experiencing.

## **Dieticians**

Good nutrition and hydration is vital to aid your recovery and rehabilitation. Dieticians are here to support you making informed decisions about your nutrition and setting nutritional goals. Helping with poor appetite, unintentional weight loss or making sure you receive the correct nutrition if you have a feeding tube.

## **Charities**

Different Strokes is a charity who support people who have had a stroke. They visit the ward once a month for an afternoon to meet you and run a group such as an arts and crafts group.

## **Discharge from Rowley**

On your arrival you will be provided with an estimated date of discharge. The time you stay on this rehabilitation unit is time limited and will depend on your rehabilitation needs and progress. Once you are nearing the end of your inpatient rehabilitation, we will arrange for you to be discharged to your preferred destination. You and your family will be invited to a meeting to discuss your progress and needs on discharge such as home set up, equipment and care needs. We take a 'home first' approach to discharge if this is a safe option for you.

## **Further Information**

Scan the QR code to watch a short video about Stroke Services at Sandwell & West Birmingham NHS Trust.



## Useful contact details

Company	Phone number	Website
<b>Sandwell Assist</b> - Sandwell adult social care & home adaptations	<b>0845 352 2266</b>	<a href="http://www.sandwell.gov.uk">www.sandwell.gov.uk</a>
<b>ACAP</b> - Birmingham adult social care & home adaptations	<b>0212 303 1234</b>	<a href="http://www.birmingham.gov.uk/adults">www.birmingham.gov.uk/adults</a>
<b>Welfare Rights</b> financial support	<b>0121 569 3158</b>	<a href="http://www.welfarerights.net/">www.welfarerights.net/</a>
<b>ICSS</b> - Sandwell integrated community stroke service	<b>0121 507 4486</b>	
<b>Birmingham community stroke team</b> - Birmingham Stroke rehab	<b>0121 466 2213</b>	<a href="http://www.bhamcommunity.nhs.uk/patients-public/rehabilitation/community-stroke-service/Stroke">www.bhamcommunity.nhs.uk/patients-public/rehabilitation/community-stroke-service/Stroke</a>
<b>Stroke outreach nurse</b> - (SONS) Sandwell	<b>0121 507 3366/2901</b>	
<b>Community pendant alarms Sandwell</b>	<b>0121 569 6800</b>	<a href="http://www.sandwell.gov.uk">www.sandwell.gov.uk</a>
<b>Dudley Community Stroke Service</b>	<b>01384 321600 Option 2</b>	
<b>Dudley Stroke Association</b>	<b>01384 271982</b>	<a href="https://www.dudleystrokeassociation.org.uk/">https://www.dudleystrokeassociation.org.uk/</a>
<b>Dudley Adult Social Care</b>	<b>0300 555 0055</b>	<a href="https://www.dudley.gov.uk/residents/care-and-health/adult-health-social-care/">https://www.dudley.gov.uk/residents/care-and-health/adult-health-social-care/</a>
<b>Headway</b> - "improving life after brain injury"	<b>0808 800 2244</b>	<a href="http://www.headway.org.uk">www.headway.org.uk</a>
<b>Different Strokes</b> - Support for stroke survivors	<b>0345 1307172 01908 317 618</b>	<a href="http://www.differentstrokes.co.uk">www.differentstrokes.co.uk</a>
<b>ICares</b> - community nurses, therapists for Sandwell residents	<b>0121 507 2626</b>	<a href="http://www.swbh.nhs.uk">www.swbh.nhs.uk</a>
<b>SPA Birmingham</b> community nurses & therapists		<a href="http://www.birminghamcommunity.nhs.uk">www.birminghamcommunity.nhs.uk</a>

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](mailto:swbh.library@nhs.net).



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