



**Bedfordshire
Community
Health Services**



Stroke Early Supported Discharge Team (ESD)



Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

What is ESD?

Early Supported Discharge (ESD) is an integrated team of health and social care professionals who will provide specialised rehabilitation for people who have had a stroke within their own homes.

The service is based in three localities: North, Mid and South Bedfordshire. This provision will allow you to return home from hospital sooner and improve your long term recovery.

Once you have returned home you will be contacted by the ESD Team within one working day of hospital discharge to arrange a time for assessment in your own home.

Who will I see and how much therapy will I have?

You may be seen by one member of the ESD multidisciplinary team or every member of the team depending on your needs. You may receive individual therapy sessions or joint therapy sessions with two different members of the team working together.

The intensity and length of your rehabilitation sessions is dependent on your personal clinical need.

The multidisciplinary team consists of:

ESD Lead

The ESD Lead coordinates the delivery of the ESD service and manages the multidisciplinary team. They will meet you in the hospital and work with you to identify your needs and support your discharge.

Speech & Language Therapy

The speech and language therapists will work with you to improve your speech and/or communication. When you have a stroke your speech may change and also your understanding of expression of language. Another role they have is assessing your swallow as a stroke can cause swallowing difficulties.

For the latest information on how to access our service please visit: <http://bit.ly/neuro-therapies>

Physiotherapy

Physiotherapists will assess your mobility to help you become as independent as possible. They will work on improving your balance and walking, increasing your strength and function of your affected arm and/or leg and reducing your risk of a fall.

Occupational Therapy

Occupational therapists will ensure you return to your home safely and help you with any difficulties you may have due to either physical or cognitive (thinking skills) problems. They will provide exercises and also suggest specialist equipment which will enable you to live as independently as possible.

Assistant Practitioners

Assistant practitioners work with the speech and language therapists, physiotherapists and occupational therapists, to support you in achieving your goals.

Rehab Support Workers

Support workers may visit you at different times of the day, depending on your care needs. They assist in areas such as washing and dressing, personal care, mobility around your home and food preparation. If needed, you will be referred onto social services for further financial assessment and a care package.

After ESD

Following discharge from the ESD service you may require further support from the Neuro Rehab Team. The ESD team will refer you onto this service or other services if you need them.

For further information about this service contact:

How to contact the Early Supported Discharge Stroke Team

Our contact hours are: Monday to Friday from 08:00 to 16:00.

Tel: 01234 310391

South Bedfordshire Early Supported Discharge Team - Covering Leighton Buzzard, Linslade, Dunstable, Houghton Regis, Caddington and Toddington

Mid Bedfordshire Early Supported Discharge Team - Covering Sandy, Biggleswade, Ampthill, Henlow, Woburn, Aspley Guise, Stondon and Flitwick

North Bedfordshire Early Supported Discharge Team - Covering Bedford, Kempston, Shanbrook, Wootton, Roxton and Wyboston

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.