

ESD office  
Therapies Rehab Department  
2<sup>nd</sup> Floor Rehabilitation building  
University Hospital Aintree,  
Long Moor Lane,  
Liverpool,  
L9 7AL  
**TEL: 0151 529 8709**

# **SOUTH SEFTON STROKE EARLY SUPPORT DISCHARGE TEAM (ESD)**

Patient Information Leaflet

## **What is the Service?**

Early Supported Discharge is a service that is offered to people who have suffered a stroke and are well enough to leave hospital, however still have ongoing rehabilitation needs such as:

**Physiotherapy** - Improving mobility and strengthen weakened muscles.

**Occupational Therapy** – Activities of daily living, assist with return to work and driving, focus around thinking skills, memory, concentration, planning and problem solving.

**Dietetics** – Advise around nutrition, supplements and non-oral feeding.

**Speech & Language Therapy** - Provide support for communication difficulties and swallowing difficulties.

## **If I am accepted for Early Supported Discharge what will I be offered?**

- A specialist assessment by the team members above.
- These specialists and therapy assistants will provide rehabilitation where you live and sometimes at the hospital.
- You will agree goals with your therapist. The amount of therapy visits will depend on your individual needs.

## **How will I benefit from the service?**

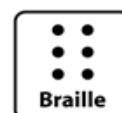
You may be able to benefit from our service if you:

- Need stroke rehabilitation by specialist therapists.
- Your GP is based in South Sefton.
- Live in a safe and appropriate environment to return to following a stroke.
- The individuals who may need to help you are happy for you to be discharged from hospital.

## **How long will I need this service?**

Early Supported discharge is a short term service to assist you for up to 3 months after hospital discharge to continue your rehabilitation at home.

If you require further rehabilitation beyond ESD, we will refer you to the appropriate team.



## **If you require a special edition of this leaflet**

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**