

Patient information

Liverpool Stroke Recovery Partnership (LSRP)

Trust wide Information

You may be referred to the Liverpool Stroke Recovery Partnership (LSRP) for your continued rehabilitation after leaving hospital. The Team consists of specialised professionals from Liverpool University Hospitals NHS Foundation Trust and the Stroke Association.

The professionals will share information when relevant to your care to improve patient outcomes. If you do not want your information shared then please let the team know.

What is the Liverpool Stroke Recovery Partnership (LSRP)?

The LSRP is the multidisciplinary team that will manage your ongoing rehabilitation needs when you are discharged from hospital.

The team has specialist experience in stroke rehabilitation and consists of:

- Consultant.
- Specialist Nurse.
- Occupational Therapists.
- Physiotherapists.
- Speech and Language Therapists.
- Dietitians.
- Therapy Assistants.
- Clinical Psychologists.
- Clinical Psychology Assistants.
- Stroke Association Stroke Recovery Coordinators.
- Emotional Support Coordinator.

What are the benefits of the LSRP?

You can leave the hospital earlier i.e. be discharged from the ward once you are medically fit and safe for transfer. This means that you can get back to your normal family / social / work activities more quickly.

The aims of the LSRP

- We offer an active rehabilitation programme which will help you achieve your goals and which promotes your independence in normal daily activities.
- We can give advice, support and education to patients, families and carers.
- This programme will either be carried out in your home, a residential or nursing home where you are living, or as an outpatient in a day centre or therapy gym, Monday- Friday and Sunday. Input may include individual and/or group sessions.

Examples of treatment within the programme are:

- Exercises.
- Balance activities.
- Mobility practice.
- Coping strategies.
- Practice and guidance in normal daily activities.
- Activities to improve thinking skills, memory and concentration, planning and problem solving.
- Exercise/activity classes.
- Activities to improve communication (including speech, understanding spoken language, reading and writing).
- Supporting family and carers to use strategies to improve communication.
- Support with emotional adjustment to having a stroke for our patients and their families.
- Practicing use of strategies to improve communication.
- Management of swallowing difficulties.
- Communication group at Broadgreen Hospital (with other people experiencing communication difficulties post stroke) Stroke Association communication groups held in North and South Liverpool.
- Advice to help you to eat well if you have had a poor appetite or lost weight, or healthy eating advice if appropriate.
- Support with returning to work and social activities.
- Peer support groups: an opportunity to meet other stroke survivors and carers in an informal environment.

What do we expect from you?

- We expect your active participation in your goal setting and rehabilitation programme. This will include practicing your exercises and activities between your treatment sessions.
- Flexibility with treatment times – appointments can start from 8.00 am and can be at any time during the day.
- The team may need access to most rooms in your home for your treatment.
- Please ensure you contact the team beforehand if you are unable to keep an appointment.
- If you notice any changes in your health or in your ability to do any tasks, please inform the therapist at each session.
- The Trust's operate a no smoking policy and we ask that you do not smoke two hours before or during a treatment session.
- The Trust's operate a Zero Tolerance Policy to violence and aggression against staff.

What will happen if I decide this is not for me?

You will be given the opportunity to discuss alternative options with members of the Stroke Team before you are discharged. If you have any concerns, please speak to your Consultant or a member of the Stroke team.

The day of your first appointment

Therapists aim to visit you within 48 hours after you are discharged.

At your first session, there may be two staff members and the assessment may last up to an hour. Therapists will review your goals and needs at this initial assessment.

Discharge from therapy information

Your therapists will discuss ways in which you can maintain your functional skills before you are discharged from the team.

You will be given further tailored advice regarding organisations and support groups available to you in the community, if you are not already accessing these at this time.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Liverpool Stroke Recovery Partnership;

Broadgreen Hospital

Tel: 0151 282 6497

Textphone number: 18001 0151 282 6497

Aintree University Hospital

Tel: 0151 529 8709

The Stroke Association

Tel: 0151 305 0023

www.stroke.org.uk

The Brain Charity

Tel: 0151 298 2999

info@thebraincharity.org.uk

Local Solutions

Tel: 0151 709 0990

info@localsolutions.org.uk

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوه‌ندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه په‌سەند کراون، نه‌گەر داوا بکړیت له فورمات‌ه‌کانی تردا بریتۍ له زمانه‌کانی تر، نیزې رید (هاسان خویندنه‌وه)، چاپی گموره، شریټی دهنګ، هیلۍ موون و نلټیکټرونیکۍ همیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.