

The Stroke Support Team

The Stroke support team provides intensive Rehabilitation and Nursing care at home for people with a new Diagnosis of a Stroke.

In order to take advantage of this service, you need to...

- be medically stable.
- be safe to be left between visits and overnight (on your own or with a carer).
- be able to transfer safely from bed to chair (with equipment & assistance if needed). Continent, or have an effective management plan.
- have a safe swallow, if necessary with a modified diet or alternative method of feeding.

You may then be able to go straight home rather than staying in hospital for the start of your rehabilitation.

Practicing activities at home with your therapist, family & carers is known to speed up recovery and improve your ability to manage in your own home.

After leaving hospital, your medical care will be with your own family doctor with help from the hospital stroke team if needed.

The length of time the team works with a patient varies, but it is limited just like a hospital stay.

Before discharge from the Stroke support team, we will discuss future plans with you. This may involve handing over to community services if you need it, or helping you organize care if you still need it.

The Stroke support team consists of:

- Registered nurses
- Healthcare assistants
- Occupational therapists
- Physiotherapists
- Speech Therapist
- Rehabilitation practitioners

What we do:

We assess, treat and help you practice activities of daily living, mobility, managing your medication and accessing the community.

Helping you to meet your achievable goals and regain independence. Practicing activities at home with families and carers is known to speed up recovery and improve your ability to manage in your home.

What we cannot do:

We do not do your shopping, washing, cooking and cleaning for you. However we will help you to learn to do these activities for yourself if these are appropriate.

We will discuss the implications of this with you and your family / carers so that we are all sure this is the best decision for you.

The number of visits varies according to the patients need and can change as they progress.

You will usually have your first visit on the day you come from hospital. After leaving hospital, your medical care will be managed by your own family doctor with help from the hospital stroke team if needed.

Before discharge from the service, we will discuss future plans with you. This may involve handing over to community services if you need it. Or helping you organize care if you still need it.

The number of visits people receive varies according to their needs and changes as they progress.

You will normally receive your first “welcome home” visit on the day you discharge from hospital.

The service operates between **07.30** and **21.00**.

Contact us

If you want to know more about the Stroke support team, call our office on. **01392 408910**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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