

# Stroke Specialist Rehabilitation Service video transcript

0:00:00.720,0:00:07.520

We are the earlier supported discharge service for stroke, sometimes known as ESD. Our specialist

0:00:07.520,0:00:13.280

multidisciplinary teams support patients who have had a new stroke and are medically fit to be

0:00:13.280,0:00:20.960

discharged from hospital to home. Within the team, we have stroke nurses, occupational therapists,

0:00:20.960,0:00:27.520

speech and language therapist, neuropsychologist, and therapy assistants. After you've been

0:00:27.520,0:00:32.560

discharged from hospital, we will deliver the therapy you need to maximise your recovery and

0:00:32.560,0:00:39.120

independence so that you can carry out everyday tasks in your home and consider returning to work,

0:00:39.120,0:00:45.200

driving, and leisure activities. You will be involved in every step of the treatment planning.

0:00:45.200,0:00:50.480

The types of goals we can help with include improving speech, swallowing, memory, learning,

0:00:50.480,0:00:56.640

mobility, balance, strength, and sensory issues.  
We can also help with psychological issues linked

0:00:56.640,0:01:02.160

to the stroke and provide a specialist nursing  
review in relation to continence, medication,

0:01:02.160,0:01:08.560

pressure care, diet, and lifestyle issues. Our  
appointments are held in your home via telephone

0:01:08.560,0:01:15.280

or via online video calls. ESD input lasts for  
up to six weeks and can be quite intensive so

0:01:15.280,0:01:20.720

that your rehab potential is maximised. To access  
our service, you will need to be referred to by an

0:01:20.720,0:01:26.320

acute hospital. We do not accept self-referrals.  
We will liaise with the hospital and agree a date

0:01:26.320,0:01:32.160

for your discharge. Your first appointment will  
be on the next working day. You can find out more

0:01:32.160,0:01:38.400

information about the earlier supported discharge  
service and what we offer on our web page.