

Early Supported Discharge

Early - A service for people following stroke.

Supported - By a specialist rehabilitation team.

Discharge - Enabling early discharge from hospital.

Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services. If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS at:

Service Experience Team

Sussex Community NHS Trust
FREEPOST (BR117)

Elm Grove

Brighton BN2 3EW

Telephone: 01273 242292

Email: sc-tr.serviceexperience@nhs.net

Website: www.sussexcommunity.nhs.uk/pals

Other formats

Please contact us if you need this information in large print, Braille, easy read, audio tape or email.

Please ask if you need help to understand this information in a language that is not English.

Contact the service

CNRT
D3, Dyke Building
Brighton General Hospital
Elm Grove
Brighton BN2 3EW

Telephone: 01273 242271

Email: sc-tr.cnrtbrightonandhove@nhs.net

Compliments and complaints

We would like to hear from you if you feel we have provided a particularly good service. We also welcome comments and complaints as they help us to provide a better service.

Contact:

Service Manager
CNRT, D3, Dyke Building
Brighton General Hospital
Elm Grove
Brighton BN2 3EW
Telephone: 01273 242271

This leaflet was developed by CNRT using the Institute for Innovation and Improvement Productive Community Services Patient Perspective Module Framework.



Early Supported Discharge Brighton & Hove (ESD)

Information leaflet for patients/carers

Telephone: 01273 242271

Email: sc-tr.cnrtbrightonandhove@nhs.net

The Early Supported Discharge Service (ESD)

Early

The Early Supported Discharge Service (ESD) provides a service from 8.30am – 4.30pm, Monday to Saturday.

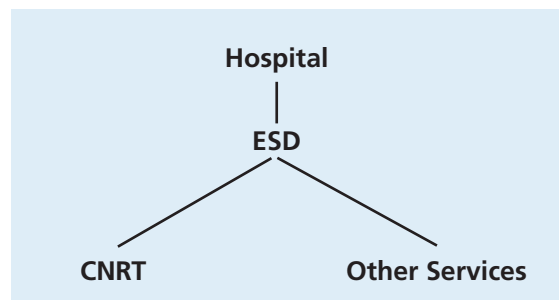
We provide specialist therapy and support to people who have had a Stroke.

We are part of the Community Neurological Rehabilitation Team (CNRT).

We will assess you in hospital and in your own home.

Our team includes:

- Clinical psychologist.
- Dietitian.
- Occupational therapists.
- Physiotherapists.
- Rehabilitation support workers.
- Social worker.
- Specialist rehabilitation nurses.
- Speech and language therapists.



Supported

Rehabilitation will take place in your home.

We will assess you at home within 24 hours of discharge.

A keyworker will support you to plan your goals through review meetings.

We aim to see you 5 times a week.

You decide what you want to achieve (your goals/aims).

Care support may be provided at home if required.

Examples of rehabilitation may include:

- Supporting emotional adjustment.
- Increasing independence.
- Provision of equipment.
- Increasing mobility.
- Finding ways to improve communication.
- Providing information about your condition.
- Supporting issues around diet/nutrition.
- Supporting self-management and signposting to other agencies.

Discharge

Once discharged from hospital, you will be seen by the ESD service for a period of one to six weeks. Discharge from us will be based on your goals/needs.

If you continue to require rehabilitation after your final review meeting, we will refer you to our community neurological rehabilitation team (CNRT) or, if appropriate, other services e.g. aphasia befriending scheme.

Criteria

Decisions about whether a patient meets the ESD stroke criteria will be made on an individual basis, some of which are listed below:

- Patients who have had a confirmed diagnosis of a new Stroke.
- Medically fit for discharge.
- Patients referred from an acute medical unit or Sussex Rehabilitation Centre.
- Able to move safely from bed to chair on their own or with assistance of one person.
- Able to participate in at least five rehabilitation sessions a week.
- Cognitively able to understand and able to self-manage a rehabilitation programme.