

# Early Supported Discharge (ESD) for Stroke



# What is ESD for stroke?

Early Supported Discharge (ESD) is a routine and best-practice part of stroke care and recovery. It facilitates an early discharge home from hospital for people who have had a stroke, are medically stable and still require acute rehabilitation.

With ESD, your rehabilitation will be completed in your home environment, instead of in hospital. You may also be asked to attend the hospital as an outpatient for some rehabilitation sessions.

During your ESD rehabilitation you will:

- **Review** and **set goals** with your therapist(s)
- Continue to work on things that are **important for you**
- Work towards **maximising** your **independence**

The ESD team will meet weekly to discuss your progress and plan for your discharge from the service.

# Accessing the service

Our team accepts referrals for patients in St. James's Hospital. We work closely with your medical team and hospital therapist(s) in discussing your rehabilitation needs and ensuring a smooth transition home.

## How it Works

Once you have been accepted to ESD, we will meet/make contact with you before you are discharged home from hospital. Therapy will start within a couple of days of your discharge home.

## Length of Programme

Our team provides rehabilitation until you have achieved your agreed goals. The number of weeks of rehabilitation is dependent on your needs but can be up to a **maximum** of 6 weeks. We will refer you to other services if required upon discharge from ESD.

# Your Team of Health Professionals

Our primary team consists of an occupational therapist, a physiotherapist, a speech and language therapist, a medical social worker and a therapy assistant.

Your ESD therapist(s) are:

## Occupational Therapist:

**Name:**

**Tel:**

## Physiotherapist:

**Name:**

**Tel:**

## Speech and Language Therapist:

**Name:**

**Tel:**

## Medical Social Worker:

**Name:**

**Tel:**

*Available Mon–Fri 8am–4.30pm*

*In case of medical emergency contact GP/ambulance services as appropriate*