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# Early Supported Stroke Discharge Team

## The team: ESSD

- Physiotherapist & Occupational Therapist
- Speech & Language Therapist
- Neuropsychologist
- Rehabilitation Assistants

## What the team does

- Work with the stroke survivor, their family, carers and the hospital stroke team to ensure an early planned discharge from hospital.
- Provide specialist stroke rehabilitation seven days a week in home and community environments.
- Provide specialist advice, education on stroke recovery, health promotion to stroke survivors, carers and families.
- Work with the stroke survivor in preferred activities of daily living in order to help them reach their full rehab potential.
- Enable the stroke survivor to understand and learn to manage their long term condition.

## How does an ESSD team benefit the stroke survivor?

- Provides continuity between rehabilitation on the ward and rehabilitation at home.
- Improves ability and capacity to participate in all activities of daily living
- Helps develop understanding of stroke and the impact on daily life.
- Supports the journey towards better quality of life after a stroke and how to help prevent re-occurrence as part of general health and wellbeing

## How do the stroke survivor and the ESSD team work together?

- The stroke survivor participates in rehabilitation wherever possible. This will include practicing activities of daily living, tasks and exercises as agreed between the stroke survivor and the therapists.
- With guidance from the team, the stroke survivor will set goals to work towards fulfilling their rehabilitation potential.
- The team and the stroke survivor will develop a personalised rehabilitation pack
- The team supports the stroke survivor to work towards independence in daily routines and self-management of life post-stroke.



## Planning for discharge from the team

- The team collaborates with other services to ensure appropriate support and rehabilitation continues on discharge as agreed with the stroke survivor, their carers' and families.
- The team will work with the stroke survivor to ensure they have the resources to be independent in managing their condition and long term goals.
- A letter summarising therapy and progress will be sent to the stroke survivor and their GP and stroke consultant on discharge from the team.

## What happens after discharge from the ESSD team?

- By the end of rehabilitation with the team the stroke survivor will have a greater understanding of how to manage their condition. The team will have worked with the stroke survivor, their carers' and families on how to do this and how to continue with their own therapy.
- The team will ensure the stroke survivor has access to the local support networks and community resources available for people who have suffered a stroke.
- The stroke survivor will be able to keep their rehabilitation pack which includes information on their stroke, their on-going goals and information about stroke and community resources.
- The ESSD team collaborates with other organisations such as the Stroke Association in setting up exercise and health and wellbeing groups for stroke survivors. Information will be provided on discharge on how to access the groups.

## If you or your family have any questions

Contact the team as below or discuss with your consultant, therapist or nurse.

Carlisle & Brampton ESSD  
London Road Community Clinic  
London Road  
Carlisle  
CA1 2NS  
Telephone 01228 602108

Eden ESSD Team  
Penrith Hospital  
Bridge Lane  
Penrith  
CA11 8HX  
01768 245593

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

**01228 603890**

E: [communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
Voreda House | Portland Place | Penrith | CA11 7QQ



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