NHS
Calderdale and Huddersfield
NHS Foundation Trust

Calderdale Support and Independence Team

A guide to our Stroke Early Supported Discharge Service

What is Early Supported Discharge?

Early supported discharge is a service that enables you to go home earlier following your stroke, whilst continuing to receive the level of rehabilitation and support you require to promote your ongoing recovery. You will be considered for the service once the hospital staff feel that your condition is stable and that you would be able to manage safely at home.

We will continue to help you regain optimum independence in activities of daily living, in your own home. We will also help you understand and manage your condition, and encourage you to take an active role in this.

The team will work very closely with you and your carer, along with the staff who are looking after you in hospital, to plan and arrange for your discharge home. If required we will meet with you whilst you are still on the ward. This will give you the opportunity to ask any questions you may have about the service. You will receive our contact details and an initial appointment date for members of the team to visit you at home.

The team will work with you for up to 6 weeks following discharge from hospital, but you may be discharged earlier if you no longer need our support.

After this time, if we feel together, that you would benefit from a further period of ongoing rehabilitation or support, we will refer you to the Calderdale Support and Independence Team for further rehabilitation or other appropriate services.

compassionate care

Once you are home

One of the members of the team will contact you on the next working day after your return home, to ensure your transfer home has been smooth and that you are settling in well.

Please note the service is available Monday to Fridays.

Within two working days a member of the team will visit you at home to review and identify new treatment goals, using your personal discharge care plan, building on all the improvement you have achieved whilst in hospital.

By doing this together with you (and your carer/relative/friend if appropriate) we will be able to plan the rehabilitation and support you will require to help improve your ability in the areas that are important to you.

This will include other professionals within the team or referral to other services as required.

To give you the best care, we work in partnership with you, your carers and with existing services/ agencies that we may need to share relevant information. Please let us know if you do not wish us to do this

With your agreement staff may be accompanied by student therapists or nurses on their visit.

Our Standards

- You will be contacted by the team within 1 working day of going home from hospital.
- We will visit you at home within two working days of going home from hospital.
- All patients will receive an information leaflet about the service which includes contact details.
- We will keep your GP informed as necessary.

Where We Work

We work wherever is most appropriate, this is usually in your own home, in your work place or any other location where you are having difficulities. If we treat you in a health centre or as a hospital outpatient we will ask you to arrange your own transport.

What if I cannot understand or have special needs?

We have access to interpreter/signing services should you require them and we would be happy to accommodate any special needs if we can.

The Team

The service has a wide range of staff from different professions. All staff are experienced and have specialist skills in treating people who have had a stroke. The whole team will work closely with you and your carers to make sure that we tailor the treatment and support to meet your individual needs, based upon the goals set. There is often overlap between treatment from the different therapists. Therefore, a member of the team may work with you to address a variety of problems in different ways, within the same treatment session. This will reduce the number of staff visiting your home, whilst ensuring that you receive all the treatment and rehabilitation that you need.

Staff in the team

Nurses: Our role is to provide advice, information and support to you and your carers. This will be in the form of health promotion and education and other nursing care as appropriate.

Occupational Therapists: Our role is to increase independence in everyday tasks. This may be in a variety of ways, such as helping you to regain abilities in daily living skills, providing equipment, supporting you with skills to return to work and helping you cope with changes to your memory and/or mood.

Physiotherapists: Our role is to help you regain your strength and stamina, work on mobility and independence with daily tasks by means of supervised exercise and/or a home exercise programme.

Speech and Language Therapists: Our role is to diagnose and give advice on communication problems and/or swallowing.

Rehabilitation Assistants: Our role is to assist and support all aspects of your treatment programme and to practice the tasks or exercises established by the qualified therapists/staff.

How You Contact Us

We work from three team bases covering all of Calderdale.
Please call your local team on the numbers below.

Monday to Friday 8.30 am to 4.30 pm.

Upper Valley Team	01422 264640
Central Halifax Team	01422 358146
Lower Valley Team	01484 728943

If no one is available to take your call a message can be left on the answer phone. Your message will be passed to the most appropriate team member.

Your appointment:

We try to be flexible with the appointments and understand that people have other commitments, hospital appointments, sickness, which may mean you need to cancel our appointments.

If an appointment is not convenient, please let us know as soon as possible so that we can offer the appointment to another patient and reorganise yours. This will allow our services to be used as efficiently as possible and help reduce the waiting times.
Due to the high demand on services, the Trust policy is that we will discharge patients who have missed two consecutive appointments where no cancellation has been given.

Useful Telephone Numbers

Social Services/Gateway to Care 01422 393000

Stroke Association 0303 3033 100

Website – www.stroke.org.uk

If you have any change or concerns about your general health please contact your GP as you would normally.

In an emergency contact NHS 111

Therapists / Staff involved:

Name	Profession

Date	Time	Location	Staff Nurse / Profession

Personal Safety Statement

Under no circumstances will the Trust tolerate any aggressive, abusive or disruptive behaviour towards staff. Persons doing this may be refused treatment.

Smoke free environment

Calderdale and Huddersfield NHS Foundation Trust has a no smoking policy across all buildings, but smoking is permitted in the designated smoke shelters located within the grounds.

The Calderdale and Huddersfield NHS Foundation Trust is required by law not to put its staff at risk of second hand smoke. We therefore politely ask if you can do everything possible to provide a smoke free environment, when a member of our staff visits you in your home.

Ways in which you can protect our staff from exposure to second-hand smoke are by:

- Trying not to smoke inside the house for at least an hour before they arrive, as a minimum please try and keep one room smoke free.
- Opening the windows and doors, as this aids ventilation.
- Please do not smoke during the visit.



Our Trust has chosen to participate in the clean**your**hands campaign because we take infections seriously and are committed to keeping patients as safe and healthy as possible. The clean**your**hands campaign is about improving hand hygiene to help prevent infections spreading.

cleanyourhands® campaign

If you have any comments about this leaflet or the service you have received you can contact :

Support and Independence Team
Team Manager
Beechwood Health Centre
Keighley Road
Halifax
HX2 8AL

Tel: 01422 358146

Website: www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਕ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براۓ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"