

# St Helens Early Supported Discharge Service

Patient information leaflet

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The O'Hanlon Centre  
Peasley Cross Hospital  
Marshalls Cross Road  
St Helens  
WA9 3DE

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## Who are we?

Our Early Supported Discharge Service enables patients who have had a stroke to be discharged home from hospital more quickly, whilst still receiving specialist rehabilitation.

Patients who receive early supported discharge have an increased likelihood of remaining at home long term and also of regaining independence with daily activities.

Rehabilitation therapists visit patients in their own homes to provide therapy in a familiar home setting rather than in hospital. The team consists of the same mix of healthcare professionals that are based on the stroke ward, including:

- Physiotherapists
- Occupational therapist
- Assistant practitioner
- Therapy assistant
- Speech and language therapist.

## Who is our service for?

Our service is appropriate for patients who have had a stroke, who are medically fit for discharge from hospital and are able to transfer from bed to chair independently, or with assistance from one person.

Any care packages or equipment that's required to maintain a safe environment must be in place prior to discharge. Patients must also be committed to engage with rehabilitation programmes.

## Intensity of therapy

Therapy will take place on a daily basis (Monday to Friday), if required, and sessions will last for around 45 minutes. The intensity of therapy is tailored to each individual's needs. To prevent delay in delivery of services, we aim to see patients at home within 24 hours of discharge from hospital (including weekends). Therapy is goal orientated and meaningful rehabilitation goals will be set in conjunction with the patient, and, if appropriate, family members or carers.

## What will therapy involve?

Each rehabilitation programme is tailored to meet the patients' individual needs but may include help with some of the following:

- Mobility and balance
- Arm, hand and leg function
- Communication, language, understanding and speech
- Washing and dressing
- Kitchen tasks, food and drink preparation
- Accessing the community and social activities
- Returning to employment
- Maintaining a healthy lifestyle
- Support for patient and carer.

## How long will rehabilitation take?

The length of time required for patients to regain lost function/abilities varies widely. You will receive a maximum of six months of therapeutic input from the team, however you may be discharged sooner, if your therapy goals have been met.

If you still have rehabilitation needs after this time, we will ensure you are referred to services that can help you to continue to recover such as the Allen Day Unit or Health Improvement Team.

## Who we work with

We work closely with other agencies and services including GPs, psychologists, care agencies, community equipment services, carer support services and the Stroke Association.

## How was your experience of the Early Supported Discharge Team (St Helens)?

Help us learn from your experience, let us know what we're doing well and where we need to get better.

Please complete our short online survey. All responses are anonymous and are used to help improve the quality of our services.



To take part, go to:  
<http://ratenhs.uk/fBJwsn>  
or scan the QR code

If you would like to provide feedback in another format or language, please ask a member of staff or contact the Engagement and Experience Team:

Email: [engagementandexperience@merseycare.nhs.uk](mailto:engagementandexperience@merseycare.nhs.uk)  
Call: 0800 328 2941 or 0151 471 2377

### Our patients matter

Mersey Care NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver. If you have any comments, compliments or concerns you can speak with a member of staff or contact our Patient Advice and Liaison Service (PALS) and Complaints Team.

Phone: 0151 471 2377    Freephone: 0800 328 2941  
Email: [palsandcomplaints@merseycare.nhs.uk](mailto:palsandcomplaints@merseycare.nhs.uk)

To request this leaflet in an alternative format or language, please speak to a member of staff.