



Royal Berkshire
NHS Foundation Trust

Your discharge from the Stroke Unit

Information for patients,
relatives and carers

This leaflet is for you, your relatives, carers and friends. It explains the services you may be referred to upon leaving the Stroke Unit and provides information on medication and driving after a stroke. Not all information will be relevant to you or your relative so please check with your therapist or nurse.

How will I know which services are right for me?

During your stay on the Stroke Unit you will meet a number of health professionals who will work together to identify what difficulties you may be experiencing after having a stroke. This will consist of an assessment from a doctor, physiotherapist, occupational therapist and, where appropriate, a speech and language therapist and neuropsychologist. This is the multi-disciplinary team (MDT).

Your team of health professionals will begin to work with you to help you overcome any difficulties you may be experiencing. We will also discuss with you and the person closest to you (your next of kin) what difficulties you are experiencing and which services are the most appropriate to help you overcome these difficulties upon discharge from the Stroke Unit.

When doing this we will set an estimated discharge date to help you know when you are likely to leave hospital. However, please be aware these dates can change and are dependant on the capacity of community services and whether your needs change.

This leaflet will now provide some brief information on services you may be referred to upon discharge from the Stroke Unit based on the assessment of the MDT.

Early Supported Discharge Team (ESD)

The ESD is a team of therapists including physiotherapists, occupational therapists, speech and language therapists and neuropsychologists.

Dependant on your needs you may see one or a number of these therapists who will visit you in your home and work with you to continue therapy. In order to qualify for this service, patients must be discharged home within 25 days (Berkshire) or 10 days (South Oxfordshire) of hospital admission.

Social Services package of care

Social Services are able to organise a package of care for patients who may need help completing activities of daily living, such as washing, dressing and cooking, when they leave hospital. Please be aware that input from Social Services is financially assessed.

Community hospitals

Community hospitals provide an inpatient setting for patients needing further rehabilitation from physiotherapists and occupational therapists, and limited speech and language therapy, before returning home. There are a number of community hospitals in the local area and where possible you will be referred to the hospital closest to your home address or where your community charge is paid to. Please be aware we do not have any control over patient choice for the community hospitals.

Neuro Rehabilitation Unit

The Neuro Rehabilitation Unit is based at West Berkshire Community Hospital in Thatcham and provides an inpatient setting for patients to continue with ongoing rehabilitation. This is a period of intensive rehabilitation and the Neuro Rehabilitation Multi Disciplinary Team will assess you if appropriate.

Transfer to another inpatient area

Occasionally, after a period of rehabilitation on the Stroke Unit, you may need to be transferred to another inpatient ward to continue your therapy and planning discharge. This will mean your care will be transferred to a new team of health professionals.

On the day of discharge

You may be transferred to the Discharge Lounge to wait for hospital transport or for your relative to collect you.

When you are discharged from hospital you will be issued with two weeks' worth of medication. Your discharge letter will have written instructions regarding your medications and any follow-up you may need. A copy of this will be sent to your GP. If you are unable to manage your tablets, a NOMAD system (dossett box) may be provided for you. This will involve your relative taking the prescription to your local chemist and collecting your medication from there.

Driving

After having a stroke you will be unable to drive for a minimum of one month. If you would like more information on this please ask a member of staff who can give you detailed information about driving after a stroke or visit www.gov.uk/stroke-and-driving.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.