



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

York Community Stroke Discharge Team

Information for patients, relatives and carers

① For more information, please contact:

Community Stroke Discharge Team

White Cross Court, Wilson Drive, York, YO31 8FT

Telephone: 01904 725382

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What is the community stroke discharge team?

The community stroke discharge team is set up to provide rehabilitation for you if you have had a stroke and are being discharged from hospital. Not everybody will need a referral to the team. Rehabilitation can take place in your home, as an outpatient or at alternative venues in the community. The aim of the team is to provide therapy input to help you work towards your goals following your stroke. The team use health coaching to help facilitate a self-management approach for you to be able to lead your rehabilitation.

A key component to your rehabilitation will be completing independent exercise and activity practice as guided by your therapy team. We will also provide advice and education to family, carers and yourself and encourage others to be involved with your rehabilitation outside of any sessions with our team.

A member of the team will contact you following your discharge from hospital and arrange a visit to assess your needs. The timeframe for your initial appointment can be very dependent on our service demands. Therapy input will be provided by one or more of our multi-disciplinary team. They will be involved in your rehabilitation for as long as you are working towards achieving your goals and are actively participating in the rehabilitation process.

Whilst the team does not provide nursing or care services, they do have links with social services.

Who is in the team?

The team members are:

- **Occupational Therapists**

They support you to do the things you want or need to do in everyday life.

- **Physiotherapists**

They work towards restoring movement and function by means of exercise and practice of physical activities.

- **Speech and Language Therapists**

They help you with your communication and also with swallowing if you have any difficulties eating or drinking

- **Dietitians**

They can assess your nutritional needs and offer support if you are having difficulty getting enough to eat. They can also offer advice if wish to follow a healthy diet.

- **Stroke Rehabilitation Assistants**

They support you with all aspects of your rehabilitation

Getting in touch with the team

This service is provided five days a week between the hours of 8.30am and 4.30pm. The team can be contacted on 01904 725382 where you can speak to a team member or leave a message.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Community Stroke Discharge Team,
White Cross Court, Wilson Drive, York, YO31 8FT,
telephone 01904 725382.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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| Owner | Jane Walker, Community Stroke Therapy Team |
| Date first issued | June 2013 |
| Review Date | February 2026 |
| Version | 5 (issued November 2024) |
| Approved by | Katie Hackwell- Therapies Manager |
| Document Reference | PIL 939 v5 |
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