How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections.

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Helping us to help you
Treatment at home by the Stroke Early Supported Discharge Team

The team will visit you in your own home to carry out therapy after you are discharged home from hospital. Different members of the team may come to visit, depending on the needs that you have. You will be contacted by the team within 24 hours of discharge.

The team is made up of Physiotherapists, Occupational Therapists, Speech Therapists, a Nurse and Rehabilitation Assistants.

They will make appointments with you over the telephone or face-to-face and will plan with you what activities you can do to aid your recovery. If you have communication difficulties then information will be given in a way that is most accessible for you, for example using written information or pictures.

The Therapists will be able to explain why each activity is necessary and may give you exercises to do in between appointments. They are happy to discuss any questions you might have about your stroke or the treatment. This might mean more than one team visits your home on some days, which may be unusual for your normal routine but studies show that being in your home environment will help your rehabilitation and recovery more than being in a hospital ward.

Here are a few simple guidelines you can follow to help the team to help you:

• Pets - should be kept out of the room you will see the Therapist in, preferably shut in another room.

• Smoking – please avoid smoking for two hours before and during the visit. If the room has had people smoking in it, please open the windows to allow fresh air to circulate.

• Distractions – Try to avoid having visitors during therapy sessions and ask any household members not to create distractions in the same room, for example: loud music, having the television on or children playing.

• Staff safety - please be aware that verbal or physical aggression towards staff is not acceptable and will result in your Stroke ESD service being withdrawn. The Trust may take legal action against anyone abusing their staff.