

Get in touch

Early Supported Discharge Stroke Team

Luton Intermediate Care Rehabilitation Service
90 Tomlinson Avenue
Luton LU4 0QQ

t: 01582 709067

Opening times:

Monday to Friday
09:00 to 16:30

Virgin Customer Services Team

If you have any concerns or need advice about accessing our services, you can speak in confidence to the customer services team on **0300 303 9509** (0300/03 numbers are part of a customers' "free minutes" package and any other call cost reduction packages).

Alternatively you can email:
customerservices@virginicare.co.uk

This service is staffed Monday to Friday 9am - 4pm. In line with good practice, we aim to respond to all inquiries received by email and telephone within three working days.

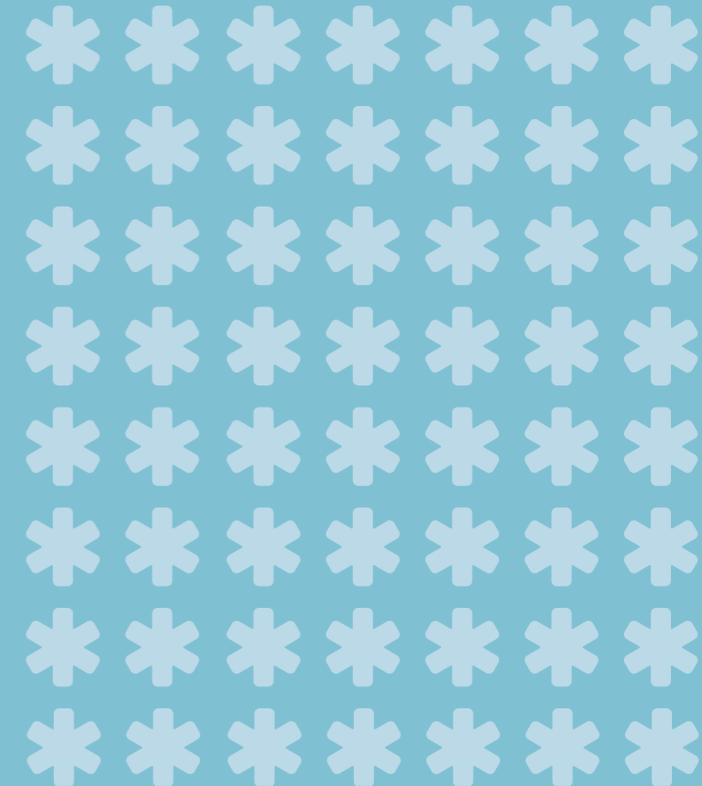
How do I cancel or change my appointment?

If you are unable to make your appointment, please call us on **01582 709067** as soon as you can.

This will enable us to use the time to arrange an appointment for someone else.

Service information

Luton Intermediate Care Rehabilitation Service
Stroke Early Supported Discharge Team (ESD)



Welcome to Luton Intermediate Care Rehabilitation Service

We provide
rehabilitation services
to people aged 18
and over who are
registered with a
Luton GP.

What is ESD?

Early supported Discharge (ESD) is an integrated team of therapists and therapy support staff who will provide specialised rehabilitation for people who have had a stroke within their own homes.

Once you have returned home

You will be contacted by the ESD Team within one working day of hospital discharge to arrange a time for assessment in your own home.

Who will I see and how much therapy will I have?

You may be seen by one or more members of the ESD Multidisciplinary Team depending on your needs. You may receive individual therapy sessions or joint therapy sessions with two different members of the Team working together.

The intensity and length of your rehabilitation sessions is dependent on your clinical needs.

We run the service for up to six weeks in total.

The multidisciplinary team consists of:

Speech & Language Therapy

The speech and language therapist will assess and manage communication and swallowing difficulties that can be experienced after a stroke.

We specialise in the treatment of aphasia, dysarthria, dyspraxia and reading and writing difficulties. Where appropriate you will be provided with a self-management programme to maximise your recovery.

Physiotherapy

A physiotherapist will assess your physical ability post stroke and may work with you to improve your mobility, balance, transfers, muscle strength and range of movement. This will increase your independence and safety at home. This may also include a self-directed exercise programme.

Occupational Therapy

An occupational therapist will help you to regain your safety and independence at home; this may include physical assessments, cognitive therapy, upper limb therapy, onward referrals, vocational rehab and provision of equipment.

Therapy Technicians/Therapy Assistants

Our therapy technician/assistant work closely with all of the therapists in the team and will often complete therapy with you. This may be completed alongside therapists or just by themselves.

All of our therapy interventions are goal focused and aimed at improving and regaining your ability to do the things you want to do.

If you are non-compliant with the therapy, advice or programmes given to you, we will have a discussion with you which may lead to discharge from the service.

If you are admitted to hospital and stay for 48 hours or longer you will be discharged from our service. The hospital will re-refer you if we are still the appropriate service for you.

After ESD

Following discharge from the ESD Service you may require further therapy. The ESD Team will refer you onto the relevant services for this.