

Stroke Rehabilitation: Ward 3, Leicester General Hospital

Department of Stroke

Information for Patients

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Introduction

Dear patients, families, and caregivers.

Welcome to our Stroke Rehabilitation Unit on ward 3, Leicester General Hospital. We understand this is a difficult time for you and your family. We are here to support you. Recovery from a stroke can take a long time and not everyone will recover.

Our team includes nurses, doctors, physiotherapists, occupational therapists, and speech and language therapists. They will work with you during your stay.

What is rehabilitation?

Rehabilitation helps you to re-learn skills that you may have lost. Therapists can work with you to set goals for your recovery. Time to practice is very important for your recovery.

What to expect:

- Therapy sessions are an important part of your recovery, but rehabilitation happens in other ways too.
- Getting out of bed each day and **doing** exercises by yourself or with family or friends are all part of the process.
- We aim to see each patient at least 3 times a week for therapy sessions. This may be in a group session or 1 to 1 with a therapist. You will be given extra exercises and activities in your blue folder for you to practice by yourself.
- Please take part in group activities and speak with other patients. The support and company of others who are going through similar experiences can be helpful.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

- Please ask your family members or care givers to make sure you are ready to take part by bringing you clothing, toiletries and small belongings.

Clothing:

- Comfortable and loose-fitting clothing that is easy to get on and off.
- Suitable shoes or slippers with non-slip soles.

Toiletries:

- Your personal toiletries, including toothbrush, toothpaste, shampoo, soap, and any other personal hygiene items you may need during your stay.

Small personal belongings

- Photographs or small familiar objects from home will also help.

How long will I stay?

- How long you will stay in our Stroke Rehabilitation Unit depends on how big your stroke is and the progress you make. On average, patients stay with us for about 6 weeks. Your real stay may vary in length as this is only an estimate.
- We will arrange a meeting together with family or carers and your therapists. This is to keep everyone updated in the first 3 weeks of your stay.

Please contact us with any questions or concerns

Contact details: Ward 3: 0116 258 4034

Multi-disciplinary team office 0116 258 4037

Visiting times : 11am till 8pm everyday

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અસ્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk