

Supporting you after a stroke - Early Supported Discharge Service (ESDS)

Stroke Service
Information for Patients

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What is the Early Supported Discharge Service (ESDS)?

Our team provide specialist stroke rehabilitation and support for you in your own home, through telephone or virtually through video call so that you do not have to stay in hospital any longer than needed.

Our service covers the Leicester, Leicestershire and Rutland area. You will need to be registered with a GP within this area to be seen by our team.

Contact details:

Telephone: 0116 258 8862

Monday to Friday, 8am to 4.30pm (answer machine available)

Address:

ESDS

Leicester General Hospital

Gwendolen Road, Leicester LE5 4PW

What will the service help me with?

- We will help you understand difficulties caused by our stroke. We will help you achieve your goals.
- We will help those close to you understand what has happened, so that they can help you.

Some examples of what ESDS might help you with

- Improving walking, balance or use of your arm/ hand.
- Improving your ability to carry out daily activities like washing, dressing, cooking.
- Getting back into the community like going to the shops, using the bus, returning to social activities.
- Improving speech and language skills like speaking, reading and writing.
- Improving swallowing for eating and drinking.
- Advice and education on health and well-being after a stroke.
- Advice about medications.
- Blood pressure management.
- Support with emotional concerns.



Who is in the team?

Our team work together to support your recovery. They include:

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|----------------------------------|--------------------------------|
| • Occupational therapists | • Therapy support workers |
| • Physiotherapists | • Team admin support |
| • Speech and language therapists | • Neuro-clinical psychologist |
| • Stroke specialist nurses | • Links to a stroke consultant |

When will the first visit be?

The first visit from the ESDS team will be the next weekday after you leave hospital. At this visit we will support you in identifying what you want to achieve and talk about how we can help you to do this. We will give you a weekly timetable of visits.

Visits will take place between 8am and 4.30pm, Monday to Friday.

How long does it last for?

ESDS can give therapy for up to 6 weeks after you leave hospital. Some people only need support for a few days, while others may need support for up to 4 or 6 weeks. How long you get support will depend on your needs and the progress you make. We will review your goals with you regularly.

During your time with this service, we will monitor progress towards your goals. After talking with you, we will adjust the number of visits per week based on your needs. If you have ongoing needs after support from our service has finished, we will refer you to the correct team.

What will be expected of me to help with my recovery?

Evidence has shown that repeated practice will help your recovery. We will need you to actively take part with your therapists and practice outside of therapy sessions. Your therapists will talk about and agree with you what you need to practice outside of sessions. If you have carers supporting you, ESDS will work closely with the care team.



What if I need help with daily tasks at home?

If the therapists in hospital think that you will need more help when you are at home to complete your daily activities like getting yourself washed and dressed or preparing a meal, the Social Services team will help. ESDS work closely with the care teams. Social Services will give you information about their services. These run 7 days a week.

Getting more advice and support

We can help you to access advice and support from other organisations, such as:

Active Lifestyle Scheme: www.active-together.org/exercise-referral

Age UK (0116 299 2233): www.ageuk.org.uk

Different Strokes (0345 130 7172): www.differentstrokes.co.uk

Royal Voluntary Service: www.royalvoluntaryservice.org.uk

The Stroke Association (0303 3033 100): www.stroke.org.uk

Information about stroke groups in various locations:

www.stroke.org.uk/stroke/support/groups

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice. Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals. To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸے دوسرے زبان میں چاہتے ہو، تو 'کریٹ' کر کے 'ਤੇ' ٹیلی فون کریں۔
إذا كنت ترغب في الحصول على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

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

We are a research hospital and you may be asked to take part in research