

## Contacting us:



You can contact us by telephone on  
**0207 527 1501**

Our address:  
Islington Outlook Centre  
133 St John's Way  
London  
N19 3RQ

## Other useful contacts:



Camden & Islington Wheelchair  
Service:

Tel: 020 3317 5040

Email: [candi.wheelchairservice@nhs.net](mailto:candi.wheelchairservice@nhs.net)



Medequip (equipment  
service): Tel: 020 8709 7050 (North East  
London)



Stroke Association  
Claire Salugao (Stroke Recovery  
Coordinator)  
Email: [Claire.salugao@stroke.org.uk](mailto:Claire.salugao@stroke.org.uk)  
Helpline: 0303 3033 100

## Patient advice and liaison service (PALS)

If you have a compliment, complaint or  
concern please contact our PALS team on  
020 7288 5551 or  
[whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated  
copy of this leaflet please contact us on 020  
7288 3182. We will try our best to meet your  
needs.

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# Islington Early Supported Discharge (ESD) Stroke Service

## A patient's guide



You have been referred to the **Early Supported Discharge (ESD) for Stroke team**.

### Who are we?

We provide specialist rehabilitation for people who have recently had a stroke.

This could include help with:

- Your mobility
- Your speech
- Your swallowing
- Doing your daily tasks
- Getting back to work
- Emotional support

### Who works in our team?

- Physiotherapist
- Occupational therapist
- Speech & Language therapist
- Clinical Psychologist
- Rehabilitation Assistant

We also work with the Stroke Recovery Service coordinators from the Stroke Association.

### What can we offer?

We provide therapy in your own home or community settings. This can be in-person, over the phone or by video call.

We offer appointments from Monday to Friday.

The team can provide a rehabilitation programme for 6 weeks. We can help identify further support services after this, if needed.

Everyone's stroke journey is different.

Our team can help give you the tools to support you to work towards your rehabilitation goals.

### What do we expect from you?

- To identify challenges following your stroke you would like to work on with us.
- To actively participate in your rehabilitation programme, e.g. to continue working towards your goals in between sessions.

### What happens next?

1. We will contact you within **24 hours** of your discharge home to arrange an assessment.
2. A therapist will aim to complete an initial assessment with you within **3 working days**.
3. We will look at developing a treatment plan to help you work towards your rehabilitation goals.