



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

York Community Stroke Discharge Team

Information for patients, relatives, and
carers

① For more information, please contact:

Community Stroke Discharge Team

White Cross Court, Wilson Drive, York, YO31 8FT

Tel: 01904 725382

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What is the community stroke discharge team?

The community stroke discharge team is set up to provide rehabilitation for you if you have had a stroke and are being discharged from hospital. Not everybody will need a referral to the team. Rehabilitation can take place in your home or at alternative venues in the community. The aim of the team is to provide therapy input to enable you to achieve as much independence as possible following your stroke. The team use a Health Coaching approach that facilitates you setting your own goals and doing tasks set between therapy sessions.

A member of the team will contact you following your discharge from hospital and arrange a visit to assess your needs. Therapy input will be provided by one or more of the multi-disciplinary team. They will be involved in your rehabilitation for as long as you are working towards achieving your goals and are actively participating in the rehabilitation process.

Whilst the team does not provide nursing or care services, they do have links with social services and district nurses.

Who is in the team?

The team members are:

- **Occupational Therapists**

They support you to do the things you want or need to do in everyday life.

- **Physiotherapists**

They work towards restoring movement and function by means of exercise and practice of physical activities.

- **Speech and Language Therapists**

They help you with your communication and also with swallowing if you have any difficulties eating or drinking

- **Dietitians**

They can assess your nutritional needs and offer support if you are having difficulty getting enough to eat. They can also offer advice if wish to follow a healthy diet.

- **Stroke Rehabilitation Assistants**

They support you with all aspects of your rehabilitation.

Getting in touch with the team

This service is provided seven days a week between the hours of 8.30am and 4.30pm. The team can be contacted on 01904 725382 where you can speak to a team member or leave a message.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Community Stroke Discharge Team,
White Cross Court, Wilson Drive, York, YO31 8FT,
telephone 01904 725382.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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