

Early Supported Stroke Discharge Team

NeuroCommons
Bedford Place Mall
Unit 290-1658 Bedford Highway
Bedford, NS B4A 2X9

- › Phone: 902-221-5400
- › Fax: 902-425-6574

Early Supported Stroke Discharge Team

The Early Supported Stroke Discharge (ESD) team provides rehabilitation for people recovering from a stroke. The team provides therapy in your home for up to 2 hours a day (Monday to Friday), for up to 6 weeks.

The team includes:

- › Physiotherapists
- › Occupational Therapists
- › Dietitians
- › Social Workers
- › Speech and Language Pathologists
- › Rehabilitation Assistants
- › Communication Disorders Technicians
- › Recreational Therapists

Who is eligible for ESD services?

To be eligible, you must:

- › Be 16 years of age or older
- › Be diagnosed with an acute stroke
- › Have mild to moderate stroke symptoms
- › Live in the Halifax Regional Municipality (HRM), and no more than 25 km from the NeuroCommons (see front cover)
- › Be able to do 2 hours of therapy a day

- › Allow team members in your home
5 days a week for up to 6 weeks

How do I access ESD services?

You will need a referral from a Nova Scotia Health health care provider. Your health care provider must:

- Send a referral form to the ESD Coordinator:
 - › Fax: 902-425-6574

Once we have your referral form, the ESD Coordinator will see you in the hospital. We will let your referring health care provider know if you are accepted.

What does the ESD Team do?

We will:

- help you and your support persons learn about stroke and recovery.
- assess you and provide therapy for up to 2 hours a day to help with your recovery.
- build on your strengths and supports to help you:
 - › manage your symptoms outside of therapy.
 - › take part in your daily activities.
 - › work with your support persons to meet your needs.
- help you, your support persons, and your health care team plan your next steps.

What will happen when the ESD team visits?

Team members will meet with you in your home. During the first visit, a team member will work with you to set goals and make a therapy plan.

What is expected of me?

- Outside of scheduled therapy, we expect you to rest and to practice your exercises.
- It can be hard to manage stroke recovery from home while keeping your other responsibilities. To help you manage your recovery:
 - › Schedule rest breaks each day
 - › Ask a member of your ESD team for the *Post Stroke Fatigue* handout
- Ask your support persons for help with tasks at home, or try:
 - › Grocery delivery
 - › Pre-made meals or meal delivery
 - › Housekeeping services

My ESD Team

Name	Role	Contact

What will happen after 6 weeks?

- After working with the ESD team for 6 weeks, you may be referred to outpatient services, like:
 - › Occupational Therapy
 - › Physiotherapy
 - › Speech Therapy
- Your ESD team will work with you to find the outpatient or community services that are right for you. For more information, contact the ESD team Coordinator:
 - › Joy Boyce
 - › Phone: 902-221-5400
 - › Fax: 902-425-6574
 - › Email: Joy.Boyce@nshealth.ca

If you have a medical concern or question, call your primary health care provider (family doctor or nurse practitioner).

The Provincial Mental Health and Addictions Crisis Line is also available 24 hours a day, 7 days a week:

- › Phone: 902-429-8167
- › Phone (toll-free): 1-888-429-8167

If it is an emergency, call 911, or go to the nearest Emergency Department right away.

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Early Supported Stroke Discharge Team
Designed by: Nova Scotia Health Library Services

WL85-2380 © December 2023 Nova Scotia Health Authority
The information in this pamphlet is to be updated every 3 years or as needed.