

Useful websites

www.valuingpeople.gov.uk

www.nhs.uk

www.sunderland.nhs.uk/chs

www.stroke.org.uk

www.ageconcern.org.uk

www.rehab.ie/uk/index.aspx

www.differentstrokes.co.uk

www.nhsdirect.nhs.uk

This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.

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SUNDERLAND COMMUNITY STROKE REHABILITATION TEAM

INITIAL INFORMATION FOR PATIENTS AND CARERS

Directorate of Therapies

Sunderland Royal Hospital

“What is the Community Rehabilitation Team?”

We are a multi therapy service for people who are discharged from hospital following a stroke or who remain at home after a stroke. The team consists of Occupational Therapy, Physiotherapy, Speech and Language Therapy, Nursing and Social Work. The service aims to help you adapt to living at home again and to become more independent in carrying out everyday tasks at home and in the community, with confidence.

“What should I expect?”

A member of the team will visit within two days of your discharge from hospital, or if at home, within two days of the community referral. They will discuss with you how you are coping and identify any needs or goals you wish to develop/improve, for example: mobility, everyday activities and speech.

“Will my family and/or carers be involved?”

That depends on what you want. It is usually very useful to get others involved, but each person will want to approach their rehabilitation in different ways.

“How many visits will I receive?”

Each stroke therapy programme will be tailored to the needs of each individual.

You may have several sessions of therapy per week. The timing and frequency of sessions will be agreed by yourself and the Community Stroke Team staff.

“What happens then?”

At the end of twelve weeks we will review your progress and discuss how your ongoing needs will best be met. This may involve further input from our team, referral to our outpatient therapy services, or discharge from this service.

HOW TO CONTACT US

Sunderland Community Stroke Rehabilitation Team
Trust Headquarters
Kayll Road
Sunderland
SR4 7TP
Tel: 0191 569 9305

If we are unavailable please leave a message on the answer phone.

CONTACT HOURS

Monday	8.30am – 5.00pm
Tuesday	8.30am – 5.00pm
Wednesday	8.30am – 5.00pm
Thursday	8.30am – 5.00pm
Friday	8.30am – 5.00pm
Saturday	8.30am – 4.30pm
Sunday	8.30am – 4.30pm