

Early Stroke Discharge

Information for patients and their families

What is the Early Stroke Discharge Service?

The Early Stroke Discharge (ESD) service provides you with early access to stroke rehabilitation following discharge home from hospital.

ESD service is a community-based service delivered by clinicians with specialist knowledge, skills and interest in stroke care. The service is provided by Physiotherapy, Occupational Therapy and Speech Pathology.

What can I expect?

You will be contacted by a member of our team within a few days of returning home from hospital

- Please ensure you are reachable by phone
- We will call to discuss your goals, how we can best support you, and to arrange appointments.

Home based therapy, centre based therapy or telehealth may be offered for up to four weeks depending on your goals and availability. If you require rehabilitation beyond this we may refer you to local community-based rehabilitation services.

What are my goals?

Our team are here to help you achieve your goals following your stroke. Consider what you would like us to support you with.

My Goals:



Our team

Occupational Therapy

Can assist you with returning to your usual daily activities; for example, showering, cooking, working, and driving. Can help with specific exercises for your arm and for your cognition (thinking and memory).

Physiotherapy

Can assist you with improving strength, balance and movement after stroke. Physiotherapy can support you in meeting recommended exercises to reduce the risk of having another stroke.

Speech Pathology

Can assist with communication and help with chewing and swallowing food and drinks after stroke.

Medical

A Rehabilitation doctor is also able to review you at the ESD Medical Clinic at Broadmeadows Hospital if required.

Further Information:

Contact our Early Stroke Discharge Coordinator T. 0428 632 904

This information is general only.
Northern Health encourages you to ask questions
and get specific advice from your treating team.

Northern Health



If you need an Interpreter or
the support of an Aboriginal
Liaison Officer, please speak
to a staff member.



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