# Scarborough and Ryedale Community Stroke Service

# What is the Community Stroke Service (CSS)?

The Community Stroke Service help and support the rehabilitation (recovering and adjusting to life) of people who have had a stroke, in the first few weeks and months after they leave hospital. They also help and support families and carers.

The team includes:

* physiotherapist (who specialises in the movement of the body).
* occupational therapist (who specialises in trying to make normal everyday tasks easier).
* speech and language therapist who specialises in disorders of communication and swallowing.
* specialist therapy assistants (who support staff and patients with therapy programmes).

The team works closely with your doctors and other people involved in your care, including Social Services. Where needed the team can make referral to other specialist services.

# When will I see someone?

Once we receive a referral from the hospital you will receive a referral acknowledgment letter and be placed onto initial assessment waiting list. A member of the team will contact you to book you in for your initial stroke assessment once you are close to the top of the list. At present waiting times can vary. A team member will complete this assessment with you. With the help of yourself, your relatives or carers we will identify your needs and work on the things that are important to help you get on with your life again.

# After your initial assessment

After your initial assessment, you will be referred to an appropriate therapist or therapists. You may be placed on a waiting list for the relevant therapist if there is high demand, who will see you when space is available. You may be given exercises to do while you are waiting. You are welcome to contact the team at any time, while you are under their care.

# What kind of things will I be doing?

Everyone's needs are different after a stroke.

You may need help with:

* mobility (how you move about)
* making meals.
* communication (speech)
* getting your confidence back.
* returning to work
* returning to driving

You may need help to make lifestyle changes, for example, changing your diet or stopping smoking. Some people need a lot of help with rehabilitation; some need very little.

# Where will I have my rehabilitation?

Your rehabilitation will happen in your place of residence.

# How often will I have rehabilitation?

This will depend on each person, the type and severity of your stroke. Your therapists will discuss this with you.

It is likely that your therapist (s) will ask you to practise some things in your own time. Practising between sessions will help your progress and speed up your recovery.

# When is the service delivered?

The service operates 5 days a week
(Mon- Fri) from 08:00 to 16.30.

# How long will the team be involved in my care?

This depends on what you need, everyone is different. The Team may see you for a single visit, or you may require input over a longer period of time. The therapists will discuss this with you after completing their assessments, identifying goals with you and creating specialist rehabilitation plans to address your needs.

# Which area is covered by this service?

The service is delivered to patients registered with a GP Practice across Scarborough and Ryedale. There is no charge for this service.

# What happens when the team are no longer involved in my care?

The team will encourage you to do things you enjoy on your own or with relatives, friends and carers. The Team can put you in touch with a range of groups or activities. Doing the things you like, and which are important to you, can make a big difference to how you feel.

# Who do you call if you have any questions?

Please feel welcome to contact the team if you have any queries or concerns, and a Health Care Professional will get back to you as soon as able.

# Contact Us

* Community Services Access points: Scarborough and Ryedale: 01653 609609
* Please contact your GP, or 111 *(which is available 24 hours a day, 7 days a week),* if you have an urgent medical problem and you’re not sure what to do.
* Please call 999 in the event of a life- threatening emergency-this includes if you think you are having another stroke.

Humber Teaching NHS Foundation Trust Complaints and Feedback team

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Respect…
Our staff will treat you with dignity and respect at all times.

We expect polite behaviour towards our staff.

No Smoking…To protect the health of our staff we will request that you do not smoke during our visits.