

Stroke Services - Integrated Community Stroke Service (ICSS)

Information and advice for 6 week patients

Therapies

Estimated Discharge Date:

Your ICSS team

Speech and Language Therapist

.....

Physiotherapist

.....

Occupational Therapist

.....

Rehabilitation Assistant

.....

What is the service?

We are a team of **allied health professionals** offering rehabilitation to stroke patients in their own home following their discharge from hospital.

We provide a **specialist stroke rehabilitation service**, following your stroke to help support you to **regain independence at home** and aim to promote **returning to everyday activities**.

What does the service offer?

We offer **up to six weeks of therapy**, working on individualised therapy programmes that reflect the patient's goals.

The team will provide a patient-centred service, which will include assessments of current abilities and reviews of progress made, tailored therapy programmes, stroke education and training to promote independence and longer term self-management.

Some patients may not require six weeks of input and may be discharged earlier, as the rehabilitation programme we create with them will be based upon their goals and clinical needs.

How can I access the service?

The ICSS Service sees patients living within the Sandwell area, who have had an acute stroke. The team will work closely with hospital stroke services to identify those patients who would most benefit from our service. Not all stroke patients are eligible.

To be eligible for this service, our patients **must have identified goals** and be **able to tolerate an intense programme of rehabilitation**.

Who is it run by?

Our ICSS team includes; physiotherapists, occupational therapists, speech and language therapists, rehabilitation assistants and access to clinical psychology. We also have links to social care, stroke outreach nurses and stroke consultants.

What happens once you are discharged from ICSS?

Our aim is for our patients to have achieved their rehabilitation goals. If you need further support to reach these goals after this time, we are able to refer you into the appropriate community services, dependent on your needs.

You can be discharged at any point of the six-week service, once goals have been achieved. If patients still require rehabilitation after six weeks with ICSS, they may be referred to the Community Therapy Team.

Contact details

We are based at: **Rowley Regis Hospital**

Available: Monday – Friday, 8am–4pm

Address: Rowley Regis Hospital, Moor Lane, Rowley Regis, B65 8DA

Tel: Monday - Friday 0121 507 4486 or 0121 507 2626

Saturday - Sunday 0121 507 2626

For urgent medical care:

Please call your GP or in an emergency dial 999.

Useful Contacts:

The Stroke Association

Tel: 0121 588 7462

Email: sandwell.servicesadmin@stroke.co.uk

Headway

Black Country:

01384 869961

www.headwayblackcountry.co.uk

Sandwell ASSIST, Adult social care, Blue Badge, Equipment and Adaptations
0121 569 2266

Our Commitment to you

We will:

- Provide you with a home exercise programme
- Notify you of cancelled appointments, in advance or on the day
- Discharge you if you do not attend 3 appointments consecutively without letting us know
- We will treat you with kindness, compassion and respect.
- We will aim to arrive for your appointment on time, however we ask that you allow us 30 minutes either side of this due to travel.

Your commitment to us

You will:

- You will engage with the home exercise programme and complete in between therapy visits
- Cancel appointments you cannot attend

We ask you to refrain from smoking during the visit and for 1 hour before the visit within the property where the visit will take place. Staff can refuse to be exposed to smoke under the Health and Safety at Work Act 1974.

We ask you to treat us with respect and not use bad language. We will not tolerate any form of aggression, either physical or verbal.

For more information about our hospitals and services please see our website www.swbh.nhs.uk, follow us on X @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

Week 1	Morning	Afternoon
Monday		
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Saturday		
Sunday		

Week 2	Morning	Afternoon
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Week 3	Morning	Afternoon
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Week 4	Morning	Afternoon
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Wednesday		
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Week 5	Morning	Afternoon
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Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Week 6	Morning	Afternoon
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Sources used for the information in this leaflet

- NHS England West Midlands Clinical Networks (2019). *Stroke Care in the West Midlands: Early Supported Discharge & Rehabilitation*. [Online]. Available from: <https://www.england.nhs.uk/midlands/wp-content/uploads/sites/46/2019/11/WMCN-ESDRehabilitation-Report-2019.pdf> [Accessed 2 February 2024].
- National Institute for Health and Care Excellence (2023) *Stroke rehabilitation in adults* [NICE guideline NG236]. [Online]. London: NICE. Available from: <https://www.nice.org.uk/guidance/ng236> [Accessed 2 February 2024].
- National Institute for Health and Care Excellence (2016) *Stroke in Adults: Early Supported Discharge: Quality Statement 4 [QS2]*. [Online]. London: NICE. Available from: <https://www.nice.org.uk/guidance/qs2> [Accessed 2 February 2024].

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