

Patient Information Leaflet

# Community Stroke Rehabilitation Team

Produced by:  
CSRT

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# Community Stroke Rehabilitation Team

*“Enabling you to achieve your goals”*



**If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.**

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## **What is the CSRT?**

**We are a specialist stroke rehabilitation team and we cover all areas on the Isle of Wight.**



**In our team we have:**

- Nurses
- Physiotherapists
- Dieticians
- Occupational Therapists
- Speech and Language Therapists
- Therapy Support Practitioners
- Health Care Support Workers
- Stroke Association Support Workers

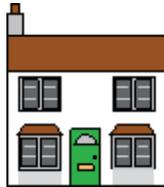
**We communicate regularly with staff from the Stroke Unit.**

## The CSRT can work with you if:

- you are registered with a **GP on the Island**.
- you have had a diagnosis of a **stroke**.
- it is **safe** for you to receive your rehabilitation in **the community**.
- you will benefit from **rehabilitation**.

## How can we help you?

Our aim is to help you to **leave hospital sooner** by continuing your **treatment where you are living**.



Here are some ways **we can help**:

- **Medication advice.**
- **Blood pressure checks.**
- **Continence care.**
- Advice to help manage **confidence** and **tiredness**.
- Explain **what has happened** and **why**.
- Lifestyle change and **stroke prevention**.
- Provide **equipment**.
- Help you be more **independent**.
- Help with **speech** and **communication**.
- Help you return to **leisure activities**.

- Help with your **mobility**.

## What can you expect from the CSRT?

### Goals

We can help you to:

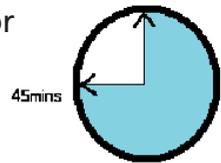
- choose goals that are **important to you**.
- break down the goals into **manageable steps**.
- agree the amount and type of **support** you will need.
- regularly review **progress**.

### Visits



The **number of visits** you receive will depend on your **goals** and **personal needs**. It can vary from 4 visits per day to 1 visit every other day.

- A visit lasts around **45 minutes** for **therapy**. **Nursing and care** visits can be **longer or shorter**.



- At each visit you may see **1 or 2 team members**.



- At the end of the visit we will **record the session in a blue folder**. This is kept at your home until your rehabilitation ends.

- We will see you for **as long as you need** our intensive input.

## What happens when you are discharged from the CSRT?

- We will **discuss with you** when you are near to **discharge**.
- On the **last day** there will be a **discharge visit**.

We may **refer you** on to other services that can help with any **ongoing needs**. This could be for:

- Speech and Language Therapy.
- Physiotherapy.
- Social issues.
- Occupational Therapy.
- Ongoing support from The Stroke Association.

After your discharge from the CSRT you will have **2 follow up visits**:

- At **6 weeks** with Jeannine Johnson, our Stroke Nurse Specialist.
- At **6 months** from a **CSRT member**.

## A few other things

Your **family and carers** are important to your rehab. **We will welcome their involvement, if you wish.**

It would also be helpful if:

- any **pets** are kept **under control**.
- we can have access to **hand washing facilities**.
- **no-one is smoking** whilst we visit you.





## Contact Details

If you have **concerns, complaints**, or would like to give **feedback or compliments** please contact:

- CSRT Team Leader on ***01983 552500***.

or

- **PALS** on **01983 534850**.

After your discharge we offer you the opportunity to take part in an informal discussion where you can **share your experience of using the CSRT service**.

You can get further information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on **111**

### **We value your views on our service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive  
Isle of Wight NHS Trust  
St. Mary's Hospital  
Newport  
Isle Of Wight  
PO30 5TG

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone **0800 169 0 169** to talk to the NHS Smoking Helpline.