

## East Riding Community Stroke Team

The East Riding Stroke Team work with people over the age of 18 who are registered with an East Riding GP. Support is offered to the person affected by the stroke and also to their spouse, family and carers.

Referrals from Acute Hospitals such as HRI, Scarborough, York and North Lincs or from other health & social care professionals, are followed up for at least 6 months post stroke (and longer dependent on clinical/psychological wellbeing).

We offer stroke specialist support and advice for:

- Risk factor management, BP, Diabetes, High Cholesterol etc.
- Mood, anxiety and cognition.
- Fatigue management
- Continence
- Returning to driving
- Returning to work
- Post stroke seizure
- Posture and upper limb management
- post stroke pain
- PEG care
- Signs and symptoms of swallowing problems
- And signposting to other Health/social/voluntary sectors

Where appropriate an invitation is made to attend our six week 'Stroke Education Group', and following this any patient or carer who requires support with stress, and mental health and wellbeing are invited to the 'Life After Stroke Groups' which offer further psychological awareness and support. Peer support with both groups can be invaluable when meeting other people who are going through similar experiences.

Some patients who require more intensive cognitive and psychological assessment or support, upper limb management and advice returning to work will be supported by our Specialist Stroke OT.

Patients are seen in:

- Their own place of residence - including 24 hour care (Nursing/residential homes)
- East Riding Community Hospital (East Riding stroke pathway)
- Withernsea Community Hospital
- Bridlington MacMillan Wold Unit

### Referral Criteria

Must have had a confirmed Stroke - cerebral infarction or inter cranial haemorrhage -(but not subdural Haematoma / Traumatic brain injury).

For professional referrals – **Any new stroke referrals must be referred via the Single Point of Contact (SPOC) Phone: - 01482 301701 or Fax: - 01482 301702**

**Patients wishing to re refer to the service or self-refer please ring the team on:-**

**01482 478835**