

## Community Stroke Rehabilitation (CSR)

### Information leaflet for patients and families

Community Stroke Rehabilitation (**CSR**) is an inter-disciplinary team made up of Nurses, Allied Health Professionals (Physiotherapists, Occupational Therapists, Speech and Language Therapists and Dietitians) and Rehabilitation Support Workers (RSW's) who provide community rehabilitation for patients in their own homes, residential homes and nursing homes.

After receiving a new patient referral CSR staff contact a patient via phone to arrange initial assessment and follow up visits.

CSR staff support patients with tailored agreed goals for rehabilitation; the frequency and intensity of rehabilitation is individual to every patient based on patient need and will be discussed together with CSR and patient. CSR support patients with self-management and onward patient centred goals, signposting patients to other services as required. Goals are the activities patients most want to achieve and will be agreed between patient and CSR to make sure goals are realistic and right for patient.

CSR also facilitate group rehabilitation, patients will be considered for group rehabilitation if appropriate for their individual rehab needs.

Patients are referred to CSR via acute and community health professionals via Health and Social Care Connect (HSCC) – Email: [HSCC@eastsussex.gov.uk](mailto:HSCC@eastsussex.gov.uk)

### CSR bases and contact details

CSR Eastbourne, Hailsham and Seaford base: Firwood House, Brassey Avenue, Eastbourne.  
Contact number: 0300 131 4580

CSR Hastings and Rother base: Bexhill Irvine Unit, Holliers Hill, Bexhill-on-Sea.  
Contact number: 0300 131 4415

### Sources of information

The Stroke Association - [www.stroke.org.uk](http://www.stroke.org.uk)

Headway: The brain injury association - [www.headway.org.uk](http://www.headway.org.uk)

### Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

### Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

### Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information – Community Stroke Rehab Leads:

Next review date: February 2024

Responsible Clinicians: Community Stroke Rehabilitation Leads

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