

Stroke Rehabilitation Unit (Aphasia friendly)



You have been **admitted** to the **Stroke Rehabilitation Unit** at **Royal Devon and Exeter Hospital (Wonford)**.



This Stroke Rehabilitation Unit provides **specialist care** and **rehabilitation** for **people** who have had a **stroke**.

What is rehabilitation?

Rehabilitation is a **process helping you recover or adjust** from your **stroke**.



Every person is **different** and we will **support** you to **achieve** your **best possible outcome** after your stroke.

You may need to **find new ways** of **doing things**.

You will **practise tasks**. They will be made **more challenging** as you **improve**.

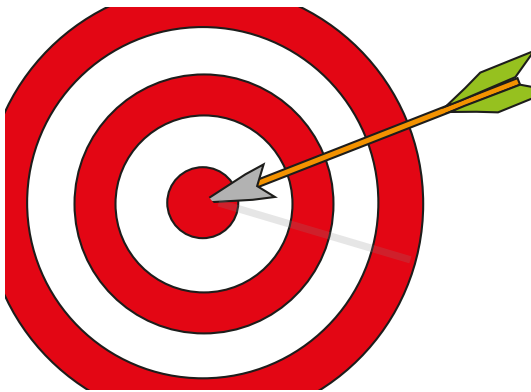


You will be **working towards leaving hospital**.

How rehabilitation works



We will **talk to you** about **what you want to achieve** to **help you leave hospital.**



These are your **goals**. They can be **big** or **small**.



You will have **goals** in **hospital**. You may have **different** goals when you **leave hospital**.

You will **work with therapists** and **nurses** during your rehabilitation.



You may be **given activities** to do **on your own** or with **help** from your **visitors**.

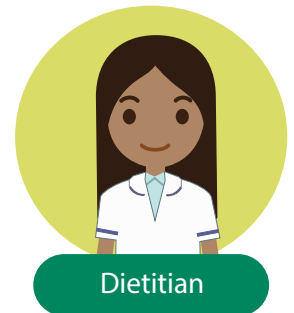
Your stroke rehabilitation team



You will **meet** and **work** with **many members** of the **team**.



STROKE REHAB TEAM



Keeping in touch with people at home

You can **keep in touch** with people by:



Using the **telephone attached** to your **TV unit**.



Bring in your **own mobile phone**.

Ask to use the **ward phone**.



A **video call** using one of the **ward tablets**. Please **give** us some **time** to **arrange this** for you.

Visiting



You can have a **visitor every day**. Please **check** current **visiting policy** for **times** and **number of visitors**.

Bringing in belongings



Toiletries.



Small **selection** of **day clothes** and **nightwear**.



Well-fitting **shoes** and **slippers**.



Glasses, hearing aids and **dentures**.



Something to **read** or do. Such as **books, magazines** or your **computer tablet**.



Please **do not bring** in any **valuables**.
Ask your **visitor** to **take** these **home** for you.

Leaving hospital

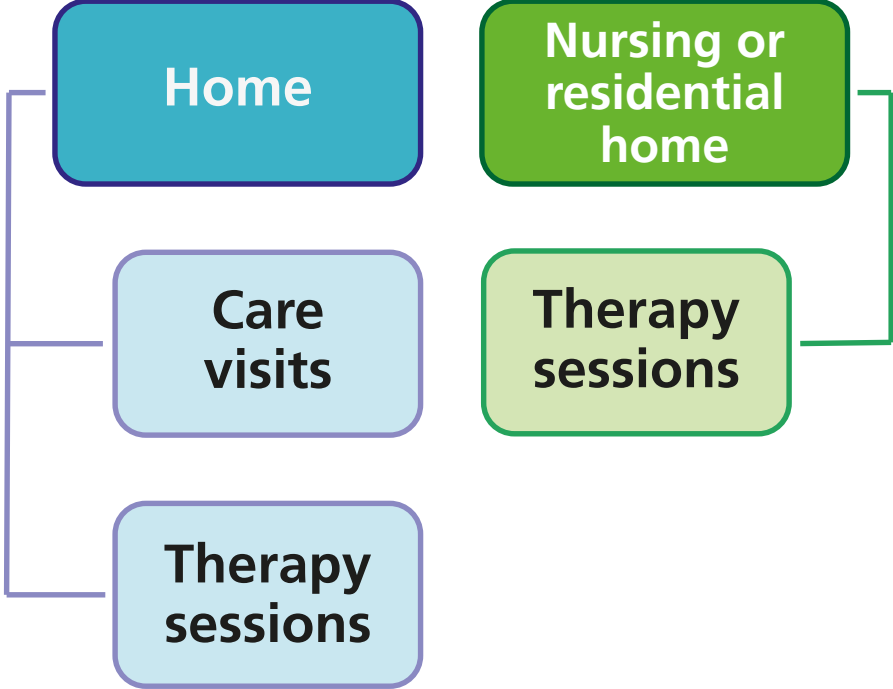


You will **always** be **working towards leaving** hospital.

Start **talking** about this **with** your **stroke team** and your **family** straight away.

Each person has **different needs** and **abilities** after their stroke.

You may **need support** when you **leave hospital**.



Useful resources

Stroke Association

<https://www.stroke.org.uk/>

Exeter Mobility Centre

<https://royaldevon.nhs.uk/our-sites/exeter-mobility-centre/>

Cornwall Mobility Centre (Driving assessments)

<https://www.cornwallmobility.co.uk>

Talk Works

<https://www.talkworks.dpt.nhs.uk/>

Say Aphasia

sayaphasia.org

Headway

<https://www.headway.org.uk/about-brain-injury/individuals/types-of-brain-injury/stroke/>

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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