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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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Date written: August 2016  
Last reviewed: Jan 2017  
Review date: January 2020  
Version: 2.0  
Code: PI1417

# *Early Supported Discharge for Hip Fracture*

## **The team and their role**

The Early Supported Discharge (ESD) team is a team of physiotherapists, occupational therapists (OTs) and rehabilitation assistants who are based in the hospital but who can also work with you at home when you are discharged from hospital. Our aim is to bridge the gap between hospital and home.

The ESD team will work closely with you and your family to ensure a timely and smooth transition from hospital to home. The team is flexible in how they work and will spend time talking to you and your family, friends or carers to help you to come up with solutions to managing the difficulties that you may encounter in the early days at home.

The ESD team can be contacted 7 days a week to provide you and your family with advice, practical help and reassurance to help you bridge the gap between hospital and home. The team has a good understanding of how much anxiety can sometimes be involved in going home after a hip fracture – both for patients and families – and can provide support to help to overcome this.

We can offer rehabilitation and help in the following areas:

- mobility and walking aid progression
- exercises
- washing and dressing
- preparing meals and drinks
- returning to normal daily activities
- supporting you to reduce your risk of falls
- getting in and out of a car.

Our aim is always to help you to return to independence with these activities.

We work closely with the community therapy teams within the hospital catchment area and often refer on to them to continue with your rehabilitation once you are established at home.

Please see our leaflet on Planning for Discharge for more details about the process of preparing to leave hospital.

Our telephone number is:

01722 336262 extension 3108

There is an answer machine available.