

Visits to support with washing, dressing and making meals



Telephone: 0300 1255951

Information for people in our care and families from the Integrated Community Stroke Service (ICSS).

Our Integrated Community Stroke Service (ICSS) will be supporting you with essential daily activities (e.g. washing /dressing/ making meals) once you are home from hospital. These visits are provided for a short period. If longer term support is needed, then we can contact social care.

Service provided by

Sirona
care & health

You may need support with washing or dressing and making meals after a stroke because you have difficulty with one or more of the following:

- Moving your arms or legs.
- Moving between your bed and chair or wheelchair.
- Standing, walking or managing the stairs.
- Balance.
- Vision.
- Memory, concentration, planning or doing things in the correct order.
- Recognising or handling objects.

We support you to be more independent by:

- Helping you to practise tasks that are important to you.
- Showing you strategies to do tasks in a different way.
- Providing equipment that may help you to be more independent e.g. shower chair, toilet frame, commode, different beds or chairs, kitchen equipment, memory aids.
- Working with your family or loved ones to explain how best to support you.

We cannot routinely assist with the following tasks (unless these are a goal you wish to work towards):

- Domestic tasks such as cleaning, laundry or shopping.
- Supporting with finances, money or bills.
- Taking out rubbish.
- Collecting prescriptions.

Please note: We are not able to support with medication, so a plan for managing these will need to be identified before you return home. Staff visiting for care may be male or female. Please speak to the team if you have any concerns.

If you have any questions or concerns about what to expect, please contact ICSS on 0300 1255951

Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: Link to Sirona website (sirona-cic.org.uk)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more information.

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