Early Supported Discharge (ESD)

Early Supported Discharge (ESD) describes pathways of care for people transferred from an inpatient environment to a primary care setting to continue a period of rehabilitation, re-enablement and recuperation at a similar level of intensity and delivered by staff with the same level of expertise as they would have received in the inpatient setting.

ESD services can allow stroke patients to return home early and improve long-term recovery. Early supported discharge services are provided by teams of therapists, nurses and doctors. They aim to allow stroke patients to return home from hospital earlier than usual and receive more rehabilitation at home. Patients who received these services returned home earlier and were more likely to remain at home in the long term and to regain independence in daily activities.

Service provision is focused around time specific patient goals and embraces the needs and ability of their carers.

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