

Haringey Stroke Rehabilitation Service

Integrated Community Therapy Team
Stuart Crescent Health Centre,
8 Stuart Crescent,
Wood Green,
N22 5NJ

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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A brief guide to staff roles



Speech and language therapists

You can ask us questions about:

- * difficulties you are having with your speech, understanding and expressing yourself;
- * concerns with eating and drinking in regards to chewing and swallowing.

Occupational therapists

You can ask us questions about:

- * recovering daily life skills. Your stroke may have caused difficulties that get in the way of everyday life tasks such as getting washed and dressed or preparing meals. These can include changes in your physical ability (e.g. using your arm), thinking skills, mood, fatigue or confidence;
- * regaining independence and getting back to your work or hobbies;
- * equipment and home environment.

Physiotherapists

You can ask us questions about:

- * exercises to help with muscle strength, muscle tightness, joint stiffness
- * balance;
- * walking and walking aids;
- * positioning and posture;
- * splints and orthotics.

Rehabilitation Technicians

We can support you with:

- * practicing therapy programmes. This could include empowering you to complete exercise programmes or get back to everyday activities that are important to you;
- * working towards your goals;
- * accessing community groups.