



# CANADIAN STROKE BEST PRACTICE RECOMMENDATIONS

## Rehabilitation, Recovery and Community Participation Following Stroke Part One: Stroke Rehabilitation Planning for Optimal Care Delivery 7<sup>th</sup> Edition, 2025

### Box 4: General Inclusion Criteria for Early Supported Discharge

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#### **Box 4: General Inclusion Criteria for Early Supported Discharge**

*This list provides considerations to aid decision making when assessing individuals who may be suitable for early supported discharge (ESD). Criteria for access to rehabilitation services should be agreed upon by all relevant stakeholders in each region, be clearly stated and communicated to all referral sites to improve access for individuals with stroke.*

- a. Mild to moderate disability;
- b. Medically stable with ability to tolerate and participate in active rehabilitation from the point of discharge;
- c. Clearly articulated rehabilitation functional goals, requiring ongoing intensive therapy by one or more disciplines;
- d. Motivation and willingness to participate in ESD;
- e. Availability of appropriate nursing care and support services at home;
- f. Able to be discharged home safely, and manage self-care and activities of daily living, including availability and ability of family and caregivers to support ESD;
- g. Able to access resources and equipment to support ESD therapy.