



**Just some of the teams we work with
on your behalf:**

- Amber Valley Adult Social Care
- Amber Valley Community Mental Health
- Alzheimer's Society
- Age UK
- Amber Trust
- Amber Valley CVS
- Bereavement Support Groups
- Befriending Services
- Citizens Advice Bureau
- Continence Services
- Community Therapy Teams
- Derbyshire Carers Association
- Day Centres throughout the area
- DCC Welfare Rights Team
- District Nurses
- Fire Service
- GPs
- Hearing services
- Housing Associations
- Hospital Admission & Discharge Teams
- Handy Van Services/Trusted Trader
- Local Community Groups
- Live Life Better Derbyshire (Health & Wellbeing)
- Parkinson's team
- Patient Transport Services
- Podiatry Services
- Practice Nurses
- Palliative Care Team
- Pulmonary Rehab Team (Breathability)
- SPA (Single Point of Access)
- Stroke service
- Treetops Respite Care.

Care Co-ordinators in your GP practices

Do you or your family
need help and support?

Not sure where to go to
get information and
advice?

Then we can help!

Compliments, comments, concerns or complaints? If you have any compliments, comments, concerns or complaints and you would like to speak to somebody about them please telephone **01773 525119** or email **dchst.patientexperienceteam@nhs.net**

Are we accessible to you? This publication is available on request in other formats (for example, large print, easy read, Braille or audio version) and languages. For free translation and/or other format please call **01246 515224** or email us **dchst.communications@nhs.net**

Care Co-ordinators

We are part of the Amber Valley Community Support Team employed by Derbyshire Community Health Services NHS Foundation Trust. We are based at your local GP practice.

It's a free service. We can work with anyone over the age of 18 to help to support and work on your behalf as the link between all the different services and organisations in the community.

If you are an older adult we can help you to get the support you need to remain independent in your own home for as long as possible.

If you are a family member or carer of someone, you may also feel that you need some extra help, support or information. Your Care Co-ordinator can help you too.

It's not just about medical or social care needs, we can also help you to access local support and volunteer groups such as; day centres, local community groups, healthy lifestyle activities, bereavement support, meals-on-wheels, befriending, carer support and local volunteering opportunities to name but a few!

How we can help

If you are encountering difficulties, or know someone who needs help, we can help you to find and access the support or information you need. For example;

- Referrals to our community health teams for time limited interventions e.g. physiotherapy, podiatry, occupational therapy, community matrons and district nursing
- Referral to social care for assessment and support
- Help with finding suitable community groups and social activities if you feel isolated and would like to meet people and get involved
- Befriending opportunities if you would like some company
- Bereavement support
- Referrals to appropriate agencies if you need assistance with shopping, travel, small house maintenance tasks etc
- Family or Carer support
- Help to access benefits.

In fact, general information on most things!!

Referral to the Care Co-ordinator

If you are over the age of 18 and would like to know more about how we can help, either ask your GP (or any other health professional) for a referral or alternatively you can self-refer by contacting your surgery Care Co-ordinator for an informal chat on the contact details below.

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