

What we can help you with

- Finding care providers
- Befriending and Bereavement Services
- Funding support including Social Services
- Sensory services (For hearing and sight)
- Contingency planning
- Transport
- Dementia and Alzheimer's support
- Support for Carers
- Managing energy bills
- Shopping
- Activity centres
- Weight management
- Foot care
- Meals on wheels
- Safety in the home including security and fire safety
- Getting involved with your community
- General advice and information

...we can even help you find someone to care for your pets!

What next?

If you would like a chat to find out more about what we can help with, please just ask for **Pam** or **Barbara** at reception or on

01273 834388

Or email us at

Mshc.care-coordinators@nhs.net

We really would love to hear from you!



mid sussex
health care

☎ 01273 834388
www.midsussexhealthcare.co.uk

Care Co-ordinators



About us

01273 834388

Mid Sussex Health Care
Trinity Road
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BN6 9UQ

Who are we?

We are **your** care coordinators and we are here to help **you**. Our aim is to ensure you feel supported and have access to the services that are right for you.

We are not medically trained but will refer to your GP if necessary.

To give you an idea of how we can help, some of the things we have done recently are:

- Putting patients in touch with an optician who has experience of patients with additional needs
- Arranging for volunteers to visit patients at home, take them shopping or just a cup of tea and a chat
- Referring carers to specialist support to help them look after their loved ones
- Telephoning patients after discharge from hospital to ensure patients have everything they need



How can we help you?

If you are living with a medical condition and require some additional support – whatever it is - we are here to help.

Equally, if you are a carer for somebody else, we are available to help both you and the person you care for.

Finding the right support can be a difficult and daunting task. We can help you find the right path to follow by providing information on local services.

Who we work with



The Cinnamon Trust
The National Charity for the elderly and their pets

And many, many more!