

# Age Well Service

Age Well strives to help support our patients, who are 65+, to stay well, live well and maintain independence.



Age Well teams are made up of staff from:

- Your GP surgery
- Age UK Northamptonshire
- Northamptonshire Carers Association
- Alzheimer's Society
- Northamptonshire Healthcare Foundation Trust
- Adult Social Care Teams in West Northamptonshire Council

What Age Well do:

- Work together with our patients, their families, unpaid carers and other services who can help someone stay well and live well.
- Aim to help patients who are over 65 maintain their independence for as long as possible.
- Provide a Support Worker who can get the help needed. The worker can visit the person in their own home, to discuss individual care and clinical needs.
- We can signpost and refer for Benefits Checks, Carer Information, Adult Social Care, Nurse and other clinician assessments, medication reviews and compliance.
- We can signpost and refer to community exercise groups, chatty cafés and other social groups.
- We can assess for equipment to help mobility in and around the home.
- We will listen to the person's needs.

# Your Age Well Team

- Healthiness
- Happiness
- Independence



The Parks Medical Practice (Blisworth, Roade, Grange Park, Hanslope), Danes Camp Medical Centre, Rillwood Medical Centre

The Parkwood PCN Team:

Dr U Nazir	GP
Olivia	Age Well Project Lead
Emma	Age Well Community Coordinator – Northants Carers
Juliet	Age Well Community Coordinator – Community Team
Natalie	Age Well Community Coordinator – Community Team
Penny	Age Well Coordinator – Age UK Northamptonshire
Yvonne	Dementia Support Worker - Alzheimer's Society

A PCN Clinical Pharmacist, PCN Social Prescriber and the Community Collaborative Care Team also contribute to our Age Well Team.

If you would like to be referred into the Parkwood Age Well Team, please speak to your GP, Receptionist or email us at:  
[northantsicb.parkwoodagewell@nhs.net](mailto:northantsicb.parkwoodagewell@nhs.net)

Age Well: Helping you to maintain independence  
and stay healthy and happy at home



**Northamptonshire**  
Health and Care Partnership



**West  
Northamptonshire  
Council**

**Northamptonshire  
ageUK**