

We are here to support you



Care co-ordinators

Our care co-ordinators help to co-ordinate and navigate care across the health and care system in Wotton and the surrounding area. They can assist you and your carers/ families make the right connections, with the right teams at the right time. They can support you in your own health and care and are skilled in assessing people's changing needs. Care co-ordinators are effective in bringing together multidisciplinary teams to support people's complex health and care needs.

They can support individuals to stay well particularly those with long term conditions, multiple long-term conditions, and people living with or at risk of frailty- and aim to reduce any unplanned and unnecessary hospital admissions.

Your named care co-ordinator will oversee any Long term condition review appointments as well as ensuring carers and families are offered/signposted to other teams such as social services, district nurses and physiotherapists.

They will start conversations around personalised care in which the person, or those who know them well, actively participate to explore the management of their health and well-being in a holistic approach. This will include ReSPECT conversations.

The ReSPECT process creates personalised recommendations for YOUR clinical care and treatment in a future emergency in which you are unable to make or express choices.

These recommendations are created through conversations between yourself, your family, and your health and care professionals to understand what matters to you and what is realistic in terms of your care and treatment.

If you are housebound, care co-ordinators can arrange to do homevisits;

A person is classed as housebound if they cannot leave their home at all, or if they require significant assistance to leave the house. A person who is housebound would be unable to have their healthcare appointments in a GP practice or clinic and therefore is eligible for a home visit. A patient is not considered housebound if they are able to leave their home environment for health or social purposes, this includes activities such as shopping, hairdressers and hospital appointments – even if this is infrequent.

How can we help?

If you :

- Have had a recent fall
- Struggle with stairs and general daily activities
- Feel you would benefit from grab rails, smoke alarms, medical alert
- Feel lonely or isolated
- Concerns about your balance
- Memory concerns
- Support with a family member
- Are worried about dementia

Please get in touch

