

Key contacts

Support service	What they can help with or provide	Name and number
Keyworker (may be clinical nurse specialist)	Information, advice and support.	Name: Tel:
GP practice	Ongoing medical support and prescriptions.	Name: Tel:
District nurses	Nursing care, information, advice and support.	Name: Tel:
Occupational therapist (OT)	Practical help and equipment to make your home safe.	Name: Tel:
Physiotherapist	Help with mobility. Provide aids such as a walking frame.	Name: Tel:
Social services – care manager	An assessment of practical and social needs. Arrange services such as home care and respite care.	Name: Tel:
Dietitian	Information about diet and the best foods or supplements.	Name: Tel:
Community palliative care team	Specialist help with pain and symptom control, as well as emotional support.	Name: Tel:
Continence adviser	Advice and information about aids and equipment to help you with any continence problems.	Name: Tel:

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