

You can use this table to write down the contact details of the different people who may be involved in your care. You may not need contact details for all of them. There are blank spaces so you can add other people's details.

Support service	What they can help with or provide	Name and number
Key worker (may be clinical nurse specialist)	Information, advice and support.	Name: Tel:
GP practice	Ongoing medical care, 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 and daily tasks easier.	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 eating, diet, nutrition, and supplements.	Name: Tel:
Community palliative care team	Specialist help and support with symptom control, emotional support and end of life care.	Name: Tel:
Continence adviser	Specialist advice and information about aids and equipment to help you with any continence problems.	Name: Tel:
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