**Compliments, comments, concerns, or complaints?** If you have any compliments, comments, concerns or complaints and you would like to speak to somebody about them please call **01773 525119** or email**dchst.patientexperienceteam@nhs.net**

**Are we accessible to you?**  This publication is available on request in other formats (for example, large print, easy read, Braille, or audio version) and languages.  For free translation and/

or other formats. Call: **01246 515224** or Email: **dchst.communications@nhs.net**



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**Derby City and Derbyshire Care Coordinators**

**Working in partnership with your GP practice covering Derby City and Derbyshire.**

**Who are we?**

Care Coordinators are part of the Community Support Team employed by Derbyshire Community Health Services. We are based at your local GP Practice supporting a joined-up way of working.

We are here to help you stay safe and well in your own home by offering personalised support, information, and access to services available in the community.

**What we do!**

Your GP Care Coordinator can offer help with a variety of difficulties and information:

* Are you struggling to manage everyday life tasks?
* Do you have mobility issues that impact everyday living?
* Are you struggling to manage a long- term health condition?
* Are you a carer and would like support and advice?
* Would you like information on local activities and community services?
* Do you have no family or friend support?
* Are you lonely or isolated at home?
* Have you fallen or at risk of falling?
* Do you need advice on hoarding?
* Would you like support from bereavement groups or services?

**Care Coordinators can help!**

Care Coordinators work with people to build trusting relationships and listen to what matters to them. They work with a range of people, particularly those with long-term conditions, multiple long-term conditions, and people living with or at risk of frailty. They help people coordinate and navigate their care across the health and care system and can support people to become more active in their own health and care.

Care Coordinators have a wide understanding of support options available for specific or multiple issues and can help guide you through your journey to live safe and well at home.

**You can request a referral to the Care Coordinator by contacting your GP Practice.**

 (Adult referral age 18+ only)