

# Key contacts

Before you are discharged, you will get a list of phone numbers and contacts to call if you are worried. It is important to keep these somewhere safe so you or your carer can use them if you have a concern.

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

Support service	What they provide	Name and number
<b>Keyworker (may be clinical nurse specialist)</b>	Information and advice. They are your main contact and source of support.	Name:  Tel:
<b>GP practice</b>	Ongoing medical support and prescriptions.	Name:  Tel:
<b>District nurses</b>	Nursing care, information, advice and support.	Name:  Tel:
<b>Occupational therapist (OT)</b>	Practical help and equipment to make your home safe.	Name:  Tel:
<b>Social services – care manager</b>	An assessment of practical and social needs. They can arrange services such as home care and respite care.	Name:  Tel:
<b>Community palliative care team</b>	Specialist help with pain and symptom control, as well as offering emotional support.	Name:  Tel:
<b>Marie Curie nurse</b>	Nursing care and support during the daytime and overnight.	Name:  Tel:

Support service	What they provide	Name and number
<b>Physiotherapist</b>	Help with mobility. Provides aids such as a walking frame.	Name:  Tel:
<b>Dietitian</b>	Information and advice about diet and the best foods/supplements for you.	Name:  Tel:
<b>Continence adviser</b>	Advice and information about aids and equipment to help you with any continence problems.	Name:  Tel:
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