



# Home Teams

**DUMFRIES AND GALLOWAY**

If you need this information in a different language or format, please contact Patient Services on 01387 272 733 or at [dg.patientservices@nhs.scot](mailto:dg.patientservices@nhs.scot)

# What is a Home Team?



A Home Team is a team of multi-disciplinary professionals who work together to help you meet your needs and outcomes.

There are eight Home Teams in Dumfries and Galloway. There is one in your community and it is linked with your GP practice.

Home Teams encourages and supports you to lead an independent and healthy life and live at home. Family, friends, Carers and community services can be part of that support.

A Home Team can support you to stay at home, preventing the need for you to go into hospital if you are well enough and safe to remain at home.

## What are the benefits of Home Teams?

A Home Team can support you to be discharged from hospital when you are well enough and it is safe to do so. Any assessments will continue in the familiar environment of your own home. This allows staff to gather a much more accurate picture of what you need. The Home Team staff will discuss with you, your family, and Carers what ongoing support will look like and arrange that accordingly.

## How will I be referred to a Home Team?

1. If you are an inpatient in any of the hospitals across the region you can be referred to a Home Team by any of the ward staff to support your discharge home.
2. If your GP thinks that you may need help and support at home they can refer you to a Home a Team (or they may advise you to make a self referral).
3. You can make a referral for yourself, a relative, neighbour, or anyone you know who you think may need help and support from a Home Team. If you need to make a referral for yourself or for someone you know telephone **Single Access Point (SAP) on 030 33 33 3001**. A call handler will ask you for detailed information about you or the person you are calling about. The call advisor will send the referral to the Home Team.

All referrals to a Home Team require consent to share your information with professional disciplines within a Home Team.



# Who is in a Home Team and what do they do?

## Community Nurses and Healthcare Support Workers

Community Nurses and Healthcare Support Workers provide nursing care to housebound patients, either in their own home or in a residential home.

- Nursing care to acutely ill patients
- Care following some types of operation
- Palliative care including support to families and arranging Marie Curie Nursing Service
- Advice and care to help you live with a long-term condition
- Care of wounds
- Advice about continence problems

## Social Workers and Care Coordinators

A social worker or care co-ordinator assesses your care needs to allow you to live as independently at home for as long as possible.

They will guide you regarding how your care can be delivered via the Self Directed Support Act, and where possible signpost you to alternative options, taking into account the role of your family, friends and wider community.

Where there are concerns that an individual is at risk of harm a trained Council Officer will be allocated to help to safeguard and minimise risks where possible under Adult Support and Protection.

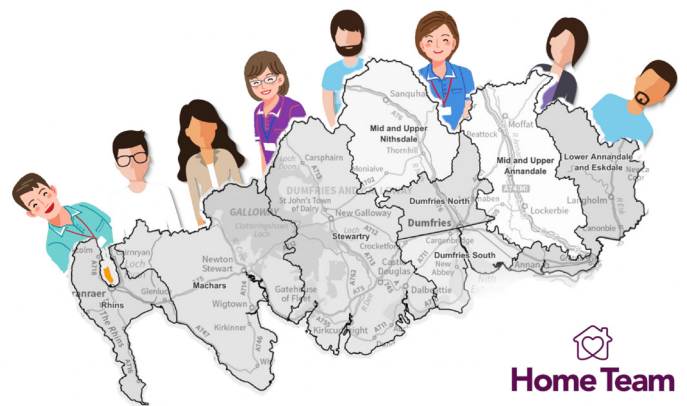
## Reablement

If you are experiencing a period of ill health, an injury, or are trying to cope with a condition which affects your ability to manage your life at home Short Term Reablement may be for you.

Reablement specialists can provide an assessment to identify your reablement and support needs in your own home.

This might include:

- Completing daily home tasks as independently as possible
- Assessing your home environment
- Suggesting other supports or equipment
- Assisting with identifying longer term care needs



## Physiotherapy

Physiotherapists treat a wide range of conditions. They use physical approaches to improve function and alleviate pain.

This might include:

- Assessment of mobility and the supply of appropriate walking aids
- Assessment and treatment of reduced function
- Provision of exercises
- Falls prevention advice and ongoing treatment

This might take place in your own home, a physiotherapy department, or care home.

## Occupational Therapy

Occupational Therapists can provide an assessment of your needs.

This might include:

- Provision of basic/assistive equipment
- Assessment of your environment
- Assessment for straightforward adaptations such as showers and ramps
- Falls prevention advice
- Rehabilitation

## Community Link Workers

Community Link Workers understand you may have non-medical concerns that are having an impact on your health and wellbeing. For example: caring responsibilities, worries about the cost of living, or feeling isolated.

A Link Worker can work alongside you to understand the things that matter to you in managing your health. They can support you to make plans and take steps towards keeping well and living the life you want.

They can help you to connect to the people, places and resources in the community that may help.

For example:

- Money and benefit advice, debt management and budgeting
- Local activities and social groups
- Self-help and support groups
- Care services and carers support groups
- Volunteering opportunities
- Getting into work, training and education

## Patient Flow Coordinators

A Patient Flow Coordinator will help support and coordinate your discharge home from either an acute or community hospital setting.

As part of in an hospital multi-disciplinary team, the Patient Flow Coordinator will work to optimise your stay in hospital and prevent any delays once you are medically fit for discharge. They will work with the Home Team to help identify the most appropriate support to safely discharge you home or to another care setting.

**Once you are referred to a Home Team, someone will contact you regarding your appointment.**

## Comment, concern, compliment or complaint?

Find out more online at [www.nhsdg.co.uk/how-did-we-do/](http://www.nhsdg.co.uk/how-did-we-do/). If you don't use the internet you can call Patient Services in the first instance on 01387 272733 and they will advise.

