



## **PROFESSIONALS WHO'S WHO**



**Carers of West Lothian**

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## PROFESSIONALS WHO'S WHO

### CARE WORKER

Care workers can come into your home to help with tasks such as washing, dressing, meal preparation and medication prompts. To be assessed for a care package contact your social work centre and ask for a community care assessment.

### COMMUNITY PSYCHIATRIC NURSE (CPN)

You are normally referred to a CPN if you have complex mental health problems and need more specialist help than a GP can offer. They can be contacted through your GP surgery.

### CONTINENCE ADVISOR

A Continence Advisor can offer information and advice about the best type of incontinence products. These advisors are based at Strathbrock Partnership Centre in Broxburn and can be contacted on **01506 771865**.

### DIETICIAN

Dietitians provide food and nutrition information, and support people to improve their health. You can be referred to the service by your GP, hospital consultant or other health professional.

**For information and advice on appointments telephone 01506 523366**

### DISTRICT/COMMUNITY NURSE (DN)

The Community Nursing Service provides care to housebound patients over the age of 16 years, 24 hours 7 days per week. Nurses within the service have the skills and expertise to assess and provide support and care for patients, families and their carers through illness and disease. Community Nurses work very closely with GPs and most are aligned to GP Surgeries.

### GENERAL PRACTITIONER (GP)

For medical advice and treatment, or prescriptions, you can make an appointment at your GP surgery. GPs are well placed for putting you in contact with services which may help you, so talk to your GP about any difficulties that you're experiencing.

**For further details contact the NHS free helpline on 0800 22 44 88.**

### MENTAL HEALTH OFFICER (MHO)

An MHO is a specially trained social worker who has the training, education, experience and skills to work with people with a mental disorder. MHOs work for the local authorities who have legal duties under the Mental Health (Care and Treatment) (Scotland) Act 2003. A relative can request the involvement of a mental health officer to carry out an assessment under the Act.

**Contact the team on 01506 283950.**

## OCCUPATIONAL THERAPIST (OT)

The Occupational Therapy Service in West Lothian aims to support people to live at home longer. The service promotes independence for children, adults and older people who have a physical, mental or learning difficulty by giving advice on how to carry out tasks differently by lending equipment to assist with self-care tasks, recommending alterations to property to make the environment more accessible.

**For more information contact occupational therapy service at Strathbrock Partnership Centre on 01506 284440.**

## PHARMACIST

Pharmacists are experts on medicines and can tell you all you need to know about medicines whether prescribed or purchased over the counter. Many will offer a prescription collection and delivery service to people who are housebound.

## PHYSIOTHERAPIST

Physiotherapists treat people of all ages, helping them manage pain, using several methods to aid recovery. Physiotherapists prevent, treat and manage disease, pain and disability using physical approaches. You can ask to be referred to a physiotherapist via your GP.

## PODIATRIST

Podiatrists offer a fully comprehensive foot health service, assessing, treating and advising patients with foot health conditions. **For general information and advice please contact the podiatry office at St John's hospital on 01506 523180.**

## SOCIAL WORKER

Social workers form relationships with people and assist them to live more successfully within their local communities by helping them find solutions to their problems. Social work involves engaging not only with clients themselves but their families and friends as well as working closely with other organisations including the police, local authority departments, schools, health and the probation service.

**To request a social worker call 01506 280 000 and asked to be put through to the relevant social work team.**

## SPEECH AND LANGUAGE THERAPIST

Speech and language therapists provide a range of services that anticipate and respond to the needs of individuals who experience speech, language, communication and/ or swallowing difficulties. The service works in partnership with these individuals, their families and other professions and agencies to reduce the impact of these often isolating difficulties, which affect people's wellbeing and their ability to participate in daily life.

**For general information and advice please contact the speech and language therapy office based at St John's hospital on telephone number 01506 524191.**

