

Keeping your independence



As we age, it is common to have a growing number of health issues. This can happen gradually and we may notice it takes us longer to do things. Over time, this can affect our ability to bounce back after an illness or other stressful event as well as our ability to live independently.

Together, we can support you to prevent and manage some of these challenges. By being aware of these changes and working together, we can support people with complex and long-term conditions to live happier and healthier lives



Our Team

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Our team are here to focus on every aspect of your care with the aim of:

- Empowering you to be independent
- Understanding your care plan
- Maintaining social contact and reducing isolation
- Helping you adapt to your changing health and social needs
- Preventing hospitalisation
- Allowing you to make your own decisions with the advice and support of your family, friends or professionals
- Linking you with GPs or pharmacists

Through this service, you now have access to:

- Specialist GPs
- Community Matrons
- Care Coordinators

The team will coordinate your care by working together to develop an action plan that best supports your needs.

The team meet regularly and if your need is more complex, we can draw on the expertise from other colleagues.



What can we help you with?

Our team will work together to listen to your views so you feel in control to make decisions about your health and wellbeing.

We can help you with:

- Working together to improve your long term health conditions
- Setting your own health priorities and goals
- Providing you with information that will assist you to manage your condition independently
- Advising on social care needs
- Providing more information on how to stay active and healthy
- Reducing social isolation
- Looking after your wellbeing
- Supporting your carer and family
- Managing medical problems
- Helping you with pain management
- Reviewing and advising on your medication
- Looking after your safety including falls prevention
- Assisting you with Dementia support
- Referring you to specialist services



Contact the team

As part of the North Tandridge Primary Care Network we look after patients registered with Caterham Valley, Elizabeth House, Townhill, Warlingham Green, Whyteleafe, Chaldon Road Practices.

For assistance 8.30am to 4pm
Please call or email our Care Coordinators
Tel: 07593 533096 or 07517 548988
Email: nt.carehome@nhs.net

We work alongside your GP but for any emergency concerns please contact your surgery directly. Outside of these hours please call 111 or if urgent call 999.

Working together as partners across organisational boundaries, sharing best practice and expertise to keep the patient at the centre of all we do so care for people as they get older is preventative, holistic and enables people to Age Well.

