

HOW TO CONTACT US

Please use the details below to contact the team directly. We accept self-referrals. Alternatively, your GP practice will be able to put you in touch with us.



Phone
01308 428943



Email
jcsocialprescribing@dorsetgp.nhs.uk



PERSONALISED CARE COORDINATORS

Connecting patients with the help, care and support they need to manage their long term conditions and to make decisions about their own care.

JURASSIC COAST PCN



WHO WE ARE

We know that taking care of our health involves more than just medicine. We focus on personalised care and concentrate on what matters to you.

Your Care Coordinator will work with you to create a care and support plan that is centred around what matters to you.

By getting to know you and your personal situation, your Care Coordinator can support you in navigating the health system and accessing additional local support and services. They can work closely with your care givers and the important people in your life to make sure you receive the best possible care.

This service is for you if:

- You are over 18
- You need help finding your way around different health, social care and support services
- You have one or more long term conditions (e.g. diabetes, asthma, COPD, CVD, dementia, chronic pain)



WHAT WE HELP WITH

01. Cancer Support

02. Unpaid Carer Support

03. Care and Support Signposting

04. All Long Term Conditions

05. Isolation and Loneliness

06. Physical Health Support

WHEN YOU ARE REFERRED:

- When you are first referred your Care Coordinator will call you to have a chat about the service and arrange a first appointment.
- At your first appointment you'll be able to talk about your life, how things are going and share what's important to you.
- This will enable you to develop a Personalised Care and Support Plan together to work towards better managing your health and wellbeing.
- Your Care Coordinator will keep in touch with you over a number of months and help to support you along the way with the steps listed on your care plan.

Your Care Coordinator is:

