

**Choose the right service!**



## **Social Care**

**USEFUL INFORMATION**



# Information & Contact Details

**Adult Health and Community Social Care services are available to anyone over the age of 16 who require support to:**

- Enable them to live a safe, healthy, active and satisfying life
- Feel respected and included in their local community
- Feel that they have the same opportunities as others

**Supports include:**

- Signposting to relevant community organisations for services available to the whole community
- Preventative services which can enable individuals to enjoy a full life with a little short term assistance such as reablement services, befriending to help access community groups or activities
- Long term support for individuals who require ongoing support due to their health or disability
- Safeguarding adults who may be at risk

**Advice and support regarding money worries**

Available to all Inverclyde residents, Council & HSCP employees, The Money Adviser service can deal with the following:

- Assess your situation and prioritise your debt
- Give specialist advice and information on all the debt solutions appropriate to you and your particular circumstances
- Help you to access the Debt Arrangement Scheme
- Give information on bankruptcy
- Negotiate payments with creditors

The Money Adviser will act as a representative when negotiating with your creditors and will support and guide you throughout the process. The service will arrange to review your circumstances periodically to ensure you are able to maintain all your ongoing liabilities.

**Information and Advice Team**  
**01475 715299**

**Advice First 01475 715299**



# Information & Contact Details

## **Support for Adults at risk' include people over the age of 16 who:**

- Find it difficult to keep themselves, their money or property safe.
- Might be being harmed by other people or who are harming themselves.
- Are more vulnerable because of illness, disability or mental disorder.

**Adult Support for adults at risk:**  
**01475 715299**

## **Support to Live Independently**

The **Centre for Independent Living** (ICIL) provides a range of services and support to enable people to live independently and remain active in their community.

## **Community Occupational Therapy Service**

- Aims to promote independence in all aspects of day to day living for people who have a physical disability or are frail. Following assessment the solutions may include: advice, information on local resources, equipment and

adaptation solution and if appropriate future housing recommendations.

## **Visual / Hearing Impairment - the Sensory Impairment Team**

- Provide advice information or assessment to identify what type of equipment could assist with a visual or hearing problem.

## **Inverclyde Community Rehabilitation Team (previously RES team)**

- Provides assessment and rehabilitation for adults with a physical disability requiring rehabilitation from a range of professionals. The team consists of:
- Physiotherapists
- Occupational Therapists
- Speech & Language Therapists
- Dietician
- Podiatrist
- Rehabilitation Support Workers
- Gerontology Nurse Specialist
- Community Specialist Diabetes Service

**The central single point of access for ICIL is 01475 714350**



# Choose the right service!

## 1 Community Connectors

- Affected by isolation or lacking confidence at any age?
- Increase your Social Interaction
- Connect to services, support and activities
- Telephone 01475 728628



## 1 Self Care NHS Inform

- Need general health advice
- Minor illnesses • Sore Throat
- Diarrhoea • Cold / Flu • Vomiting
- Telephone 0800 22 44 88
- [www.nhsinform.scot](http://www.nhsinform.scot)



## 1 Social Care

- Benefits advice / money worries
- Support for People at risk
- Assessment for personal / practical support
- Support to live independently
- Telephone 01475 715299



## 1 Physiotherapy

- Advice on muscle, joint or back pain visit: [nhsinform.msk.zone](http://nhsinform.msk.zone) - [www.nhsinform.scot](http://www.nhsinform.scot)
- Further help, self refer to Outpatient Physiotherapy (Adult service only). Self referrals forms available in physio depts & GP Practices.



## 1 Pharmacy First



- Pain Relief • Shingles
- Emergency Contraception
- Cough / Cold • Cystitis (Females 16-65)
- Impetigo • Stop Smoking
- Contact your local Pharmacy



## 1 NHS 24 Call 111

- Unsure about a symptom
- Need help, can't wait until your regular NHS service re-opens
- Telephone for FREE, dial 111



## 1 Optician Services

- Experience sudden loss or changes in vision
- Have sore, irritated, red, sticky or watery eyes
- Contact your local Optician



## 1 Dentist Services

- Pain in mouth, jaws or gums
- Facial swelling, bleeding from mouth
- Contact your local Dentist



## 1 GP (Doctor) Team

- An illness or injury that won't go away
- Monitoring and management of ongoing conditions
- Contact your Practice

