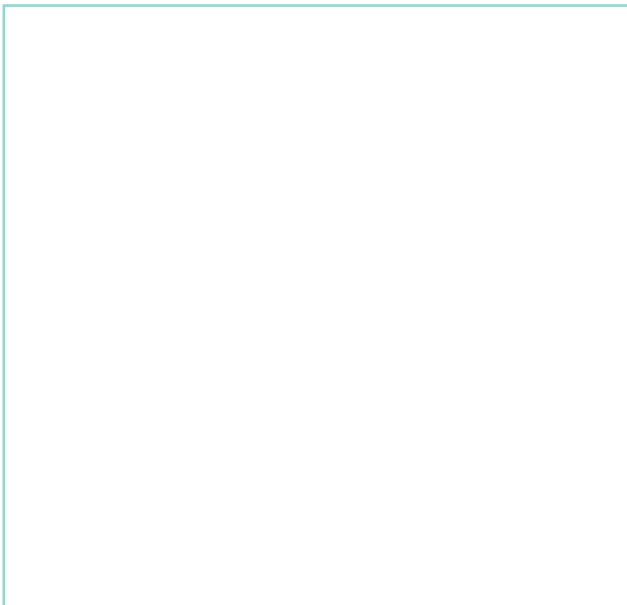


Find out more about Proactive Care

Contact your Proactive Care team as below or search for Proactive Care at:

www.sussexcommunity.nhs.uk



Other formats

Please ask any member of the team if you need this information in large print, Braille, easy read, audio CD, or in a language that is not English.

The use of personal information is controlled under the Data Protection Act 1998. For more information see the NHS and Social Care, Care Record Guarantee. Ask us for details.

Tell us what you think

If you want to comment about the health services we provide through our Proactive Care teams, or have any concerns, please contact:

Service Experience Team

Sussex Community NHS Trust
FREEPOST (BR117)
Elm Grove, Brighton,
BN2 3EW

Telephone: 01273 242292

Email: sc-tr.serviceexperience@nhs.net

Website: www.sussexcommunity.nhs.uk/pals

If you want to comment about the social care services we provide through our Proactive Care teams, or have any concerns, please contact the social care worker within the team, or their manager in the first instance.

A partnership between:

- NHS Coastal West Sussex Clinical Commissioning Group
- Sussex Community NHS Trust
- Sussex Partnership NHS Foundation Trust
- West Sussex County Council



Proactive Care

Supporting people with long-term health conditions or complex health and social care needs



Caring for you – proactively

We know that when you are unwell or need support with daily living, you usually want to be cared for where you live, surrounded by the familiar things you know.

It's important you get the right help and support to continue to live as independently as possible for as long as possible.

Your local health and social care services are now working together in new ways to help make this happen.

We call this new way of working **Proactive Care**.



What is Proactive Care?

Proactive Care is the new way that we support people who have complex long-term health conditions and social care needs.

These may include:

- Chronic illnesses such as diabetes, dementia, asthma or heart disease.
- Needing help with daily living, getting up, going to bed, washing or making a meal.

If you have such needs, then Proactive Care is the practical way we will look after you.

Our aim is very simple, to put you at the centre of what we do and meet all of your health and care needs as effectively as possible.

How does it work?

We have set up dedicated Proactive Care teams made up of professionals such as community matrons, nurses, physiotherapists, occupational therapists, pharmacists and social workers.

They will work closely with you, and with your carers, your GP, the staff at your local hospital and others in your community to ensure you get the right support at the right time.

Team members will usually be based together, which means they can share information more quickly and work together more easily.

They can make plans with you and your carers for your future care if your condition gets worse – and hopefully avoid you having to go to hospital for treatment.

They can review any medication you might be taking, and work with your GP to make any changes if necessary.

They can give you and your carers the information and support you might need to help you care for yourself.

In these ways we can support you to continue living as independently as possible for as long as possible.

We see Proactive Care as the best way to meet all of your health and care needs. But if you don't want to us to manage your care through our Proactive Care approach please tell any member of our team.