

Whes Who?

Even if you know who these people are, do you know what they do? Here is a brief guide so you can work out what is going on.

OCCUPATIONAL THERAPIST (OT)

These people are usually based at the local social services department and may visit people at home. They try to help people be as independent as possible. They advise you on how to do everyday things like washing or dressing and recommend gadgets to help in the home.

Home Care

The home care worker can help the person you care for in practical ways, e.g. washing, dressing, going to the toilet and preparing meals.

District Nurse

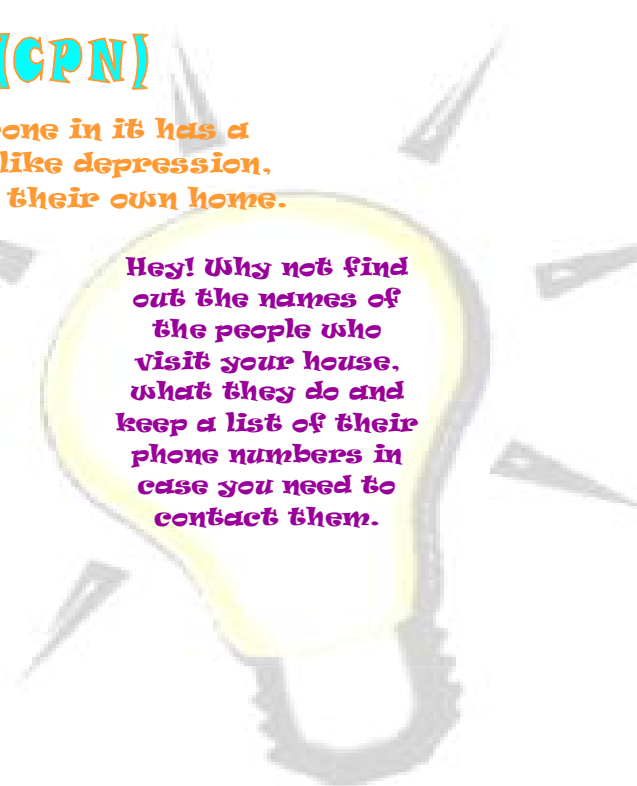
The district nurse offers practical help and advice about caring, e.g. bathing, giving tablets and using nursing equipment. They may come to your house to do some of the these things too, like changing dressings.

Community Psychiatric Nurse (CPN)

A CPN provides support to the family when someone in it has a mental health problem. This might be something like depression, schizophrenia or anxiety. They can visit people in their own home.

Social Worker

Social workers will help you and your family to get the services you need. This might be home care, benefits, a break from caring or giving you information about local organisations e.g. Young Carers Projects! They will also listen to how you are feeling and any worries you may have.



Hey! Why not find out the names of the people who visit your house, what they do and keep a list of their phone numbers in case you need to contact them.