

Clydesdale Community Mental Health Team for Older People

Information for Patients



CONTACT INFORMATION

Carluke Community Health Centre
40 Chapel Street, Carluke ML8 4BA

Telephone: 01698 754420

X: @OpCmht

WHO ARE WE?

The Team is made up of a number of different specialities including:

- ❖ Consultant Psychiatrists
- ❖ Community Psychiatric Nurses
- ❖ Occupational Therapist
- ❖ Clinical Support Workers

With access to other specialities such as:

- ❖ Liaison Nurse for Care Homes
- ❖ Clinical Psychologists
- ❖ Specialist Nurse Practitioners
- ❖ Dietitian
- ❖ Physiotherapist

Some patients referred to our service will be allocated to a **Community Psychiatric Nurse (CPN)**.

Your CPN is your **Named Nurse** and will coordinate all your care within the service.

For details see below.

My Named Nurse:

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If your named nurse is not available another member of the team will help you. Telephone number on front of leaflet.

All Community Mental Health Team members wear photographic identification. These should be visible during contacts.

WHAT WE DO

We provide specialist advice and treatment for adults over the age of 65 with mental health problems throughout the Clydesdale area. We might also support patients aged between 60-64 years, based on a holistic assessment of needs.

Each person will have a full assessment looking at all their care needs.

We offer a wide range of treatment options on a 1:1 basis either at home or in our out patient facility.

Our treatment options include:

- ❖ Anxiety & Depression management
- ❖ Medication management
- ❖ Post Diagnostic Counselling for Dementia, Carer education and support
- ❖ Occupational Therapy assessment
- ❖ Psychiatric Outpatients Clinic
- ❖ Psychological assessment

SPECIAL AIDS

If you require any special arrangements for example an interpreter, someone to sign if you are deaf, assistance if you are visually impaired, please contact the department as soon as possible. For those attending our outpatient clinics or groups, the health centre has wheelchair access and lift facilities. Guide and hearing dogs are permitted.

SMOKING

In compliance with the provisions of the "Smoking, Health and Social care" (Scotland) Regulations 2006, you are not permitted to smoke within any of NHS Lanarkshire's grounds. In the interest of staff safety we would also request you refrain from smoking during any home visits.

If you wish to stop smoking please let us know as we have trained members of staff within the team who can assist you.

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.

COMMENTS/COMPLAINTS

Our staff are firmly committed to providing the best possible treatment and care for you. We are keen to improve what we do by listening to what you and your relatives tell us. Please speak to a member of staff if you would like to comment on what you think we did well and where we could do better. If you are not satisfied and wish to make a formal written complaint you can contact:

**Patient Services Manager
Kirklands Hospital, Fallside Road,
Bothwell G718BB.**

Telephone: 01698 752800

LEGAL ADVICE

Equal's Advocacy is an organisation that enables vulnerable people in Lanarkshire to have a voice and provide independent advocacy. Here you can obtain information regarding legal and financial matters and in particular advice on the "Mental Health Act (Scotland) 2003".

For further Information:

Telephone: 01698 327772

OTHER USEFUL LINK

Alzheimer's Scotland

For further information, Telephone 01698 275300/ 24 hr Dementia helpline 0808 808 3000. Or alternatively visit www.alzscot.org

Lanarkshire Links

This organisation is used for mental health service users and carers. For further information, Telephone 01698 265 232 / 265 254. Or alternatively visit www.lanarkshirelinks.org.uk

Scottish Recovery Network

Aims to engage communities in debate about how best to promote and support recovery from long-term mental health problems. For further information, Telephone 03003239956. Or alternatively visit www.scottishrecovery.net



www.careopinion.org.uk

Equalsay.org

South Lanarkshire Advocacy Project

We work across South Lanarkshire for older people with mental ill health/ dementia. Our advocacy workers support people who live at home, as well as people who are in hospital, or residential care. If you feel you have been treated unfairly or your views have been ignored, please get in touch with us with us to see if we can help. Call us on 01687 376777.

ADDITIONAL INFORMATION

Additional information can be obtained from the NHS Lanarkshire Public Website at www.nhslanarkshire.scot.nhs.uk

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.org
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.Services@lanarkshire.scot.nhs.uk

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