

Hamilton Community Mental Health Team for Older Adults

Information for Patients



CONTACT INFORMATION

The Gatehouse, Udston Hospital,
Farm Road, Hamilton ML3 9LA

Opening Hours

Monday to Thursday: 09:00 -17:00

Friday: 09:00 - 16:30

Telephone: 01698 754530

Out of hours: 101 (NHS 24)

WHO ARE WE?

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

- ❖ Consultant Psychiatrists
- ❖ Community Psychiatric Nurses
- ❖ Occupational Therapists
- ❖ Clinical Support Workers
- ❖ Psychological services
- ❖ Administrative staff

All Community Mental Health Team members wear or carry Identification, these are freely available for inspection.

WHAT WE DO

We provide specialist advice and treatment for adults over the age of 65 with mental health problems throughout the wider Hamilton area.

Each person will have a full assessment looking at all their care needs. As part of this assessment we may refer onto other specialities.

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

Our treatment options include:

- ❖ Anxiety & Depression management
- ❖ Medication management
- ❖ Post Diagnostic Counselling for Dementia, Carer education and support
- ❖ Strategies to assist with cognitive decline
- ❖ 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. Assistance dogs are permitted.

SMOKING

You are not permitted to smoke in any of the NHS buildings and grounds. Please do not smoke before a home visit.

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

For the purpose of your present and future medical treatment, we will record details of your care. Some use may be made of this information for research purposes and to help in the planning of health services for the future.

Information about your care and treatment may be shared, when appropriate with other team members and statutory services involved in your care. It may also be viewed by inspectors authorised by the Scottish Government. At all times great care will be taken to ensure that your information is kept confidential.

The "Data Protection Act 1998" gives you the right of access to any personal information which NHS Lanarkshire hold about you either in manual records or on its computers. If you wish to apply for access to your data, or if you would like more information about your rights under the Act you should, in the first instance, contact the Health Records Manager at the hospital.

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/option 2

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

USEFUL LINKS

Alzheimer's Scotland

For further information, Telephone 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. Or alternatively visit www.lanarkshirelinks.org.uk

The Advocacy Project

This organisation aims to enable vulnerable people in Lanarkshire to have a voice and to provide independent advocacy. For further information, Tel: 0141 420 0960. Or alternatively visit www.theadvocacyproject.org.uk

Mental Welfare Commission

Mental Welfare Commission (MWC)

The MWC is interested in matters concerning patient welfare, for example, if you are detained under the Mental Health (Care & Treatment) (Scotland) act 2003. For further information, you can contact them on: Telephone: 0800 389 6809 Or alternatively visit their website at: www.mwccot.org.uk

NHS inform - The national health information service for Scotland.
www.nhsinform.org



www.careopinion.org.uk

Breathing Space

- is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety. Helpline number: 0800 83 85 87
www.breathingspace.scot
Opening hours: Weekdays: Monday - Thursday 6pm to 2am
Weekend: Friday 6pm - Monday 6am

Samaritans

- can listen and help you to work out the right kind of support you need if you are feeling depressed.
Tel: 116 123 (24 hours)
www.samaritans.org

ADDITIONAL INFORMATION

Call NHS 24 on 111 if you are unwell and need to talk to someone before your GP or CMHT reopens. You will get advice depending on your symptoms. If you consider this a medical emergency call 999. All 111 or 999 calls are free from UK landlines and mobile phones. Visit the NHS 24 website: www.nhs24.com.

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

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

Pub. date:	April 2024
Review date:	April 2026
Issue No:	06
Dept:	Mental Health Services
Clinical Lead:	

XS A4-PIL.CMHTHM.24_08075.L