

# Self Referral to Community Services in the Lothians

## Carers support—Vocal

Voice of Carers Across Lothian supports and empowers unpaid carers in Edinburgh and Midlothian through individual support, information, training and access to services.

Edinburgh	<b>0808 196 6666</b> centre@vocal.org.uk
Midlothian	<b>0808 196 6666</b> midlothian@vocal.org.uk

## Carers support—Carers of East Lothian

Carers of East Lothian focuses on supporting carers through practical advice and support so that they can continue to care for others.

East Lothian	<b>0131 665 0135</b> centre@coel.org.uk
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## Carers support—Carers of West Lothian

Carers of West Lothian offer information, advice and support to unpaid carers and disabled people in West Lothian.

West Lothian	<b>01506 448000</b> office@carers-westlothian.com
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## Clinical area specific information:

## Take charge of your care from the comfort of your own home

This leaflet has been created to support you and/or your relative to find support in the community following discharge

### Council area contact information

Primary contact for community adult social care services, including care and support, physio and occupational therapy assessments, information and advice, admission prevention, safeguarding, care home placement consideration etc.

Edinburgh Council	<b>0131 200 2324</b>
Midlothian Council	<b>0131 271 3900</b>
East Lothian Council	<b>01875 824309</b>
West Lothian Council	Under 65: <b>01506 775 666</b> Over 65: <b>01506 280 740</b>

### Equipment

For general order enquires, reorganising delivery or collection dates, replacement and/or advice on returning equipment no longer in use. Equipment can also be self purchased.

Edinburgh, Midlothian and East Lothian	<b>0131 529 6300</b>
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West Lothian	<b>0150 628 0101</b>
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### Wheelchairs and outdoor mobility equipment

Outdoor mobility equipment is typically purchased privately.

All areas	The Disabled living centre can measure and sign post— <b>01315379177</b>
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### Community falls alarms and key safes

Key safes can be self-purchased from hardware stores/online and installed privately.

Edinburgh	<b>0131 2002324</b> (Care and repair can install key safes at a fee— <b>0131 337 1111</b> )
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Midlothian	<b>0131 271 3900</b>
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East Lothian	<b>01875 824 309</b>
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West Lothian	<b>01506 280 740</b>
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### Minor or larger adaptations

For example rails, stair lifts, wet floor showers etc.

Adaptations can be arranged privately, however if you would like a referral for an assessment please call your local council area.

### Frozen meal delivery services

These details are provided for your information only and are NOT a recommendation. Please consider ordering online or arranging delivery with your local super market as another option.

Wiltshire Farm Foods Nationwide	<b>0800 077 3100</b> <a href="http://www.wiltshirefarmfoods.com">www.wiltshirefarmfoods.com</a>
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Oakhouse Foods Nationwide	<b>0333 370 6700</b> <a href="http://www.oakhousefoods.co.uk">www.oakhousefoods.co.uk</a>
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### New bowel and bladder dysfunction following discharge

All areas	Please call your GP for an onward referral to the continence care team
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### Medication delivery and enquiries

If you or your relative can no longer collect medications on discharge or have any enquiries please call your own pharmacy to discuss.

### House cleaning/private cleaner

Social work does not usually fund cleaning services, and carers do not typically carry out laundry, hoovering, or general cleaning. Please contact your local council, who may be able to signpost you to private providers.

### Financial queries - Including benefits and allowances

Citizens Advice Scotland	<b>0800 028 1456</b> <a href="mailto:Info@cas.org.uk">Info@cas.org.uk</a>
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