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| **My Local Health, Care and Community Contacts****Professionals who help me and how they can be contacted** |

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| **Personnel** | **My local contact**  |
| GP |  |
| Community/District Nurse  |  |
| Consultant  |  |
| Hospital |  |
| Social Worker/Care Manager  |  |
| Personal Assistant(s)  |  |
|  |  |
| Advocate  |  |
| Bereavement Service  |  |
| Care Provider |  |
| Care Quality Commission  |  |
| Care Worker |  |
| Carers Association  |  |
| Catering – e.g. Meals on Wheels  |  |
| Citizens Advice  |  |
| Cleaner |  |
| Clergy  |  |
| Complementary Therapist  |  |
| Counsellor  |  |
| Dentist  |  |
| Dietician  |  |
| Hospice services  |  |
| I Talk |  |
| Independent Mental Capacity Advocate (IMCA)  |  |
| Key Worker  |  |
| Learning Disabilities liaison group/nurse working with mainstream services  |  |
| Macmillan Nurse  |  |
| Marie Curie Nurse  |  |
| Occupational Therapist (OT)  |  |
| Optician  |  |
| Other treatment e.g. Chiropractor, |  |
| Palliative Care Consultant  |  |
| Pharmacist  |  |
| Physiotherapist  |  |
| Psychiatrist  |  |
| Speech and Language Therapist (SALT) |  |

Please add more overleaf if required