

Information and Support Workers

The Support Workers, visit people at home, in hospital or in residential care, and provide confidential advice, information and support. In particular they can provide:

Up-to-date information on Parkinson's.
Emotional support to people with Parkinson's, their families and carers
Information about welfare benefits and how to access them.
Information about, and access to, local statutory and voluntary services.
Advocacy with issues such as pursuing complaints and support during assessments and reviews.
Access to other PDS services.
The service is available to all people in Edinburgh and Lothians who have Parkinson's disease, or are their carers. They do not need to be members of the Society

For West Lothian, West and North Edinburgh (EH 2-5, 11, 12, 14, 27-30, 46-49, 52-55) contact

Sheila Mutch: 0844 225 3727
smutch@parkinsons.org.uk

For Midlothian, East Lothian and East and South Edinburgh (EH 1,6-10, 13,15-26,31-37, 39-42)

Joan Cook: 0844 225 3771
Email: jcook@parkinsons.org.uk

Funded by
Edinburgh Branch of the
Parkinson's Disease Society
www.edinburghparkinsons.org

Contact
Hon Secretary
Mrs Pat Stewart
Tel: 0131 449 2705
Pat@edinburghparkinsons.org

We are a branch of:
The Parkinson's Disease Society of the United Kingdom
215 Vauxhall Bridge Road
Victoria, London, SW1V 1EJ
Telephone: 020 7931 8080
Website: www.parkinsons.org.uk
Charity registered in England and Wales
Registered No.. No. 258917, and in Scotland
No. 37554
A company limited by guarantee 948776.
(London)
Registered office as above.

THE PARKINSON'S HELPLINE

The PDS Helpline offer a 'listening ear' to anyone With Parkinson's or their families who need to talk to someone, safe in the knowledge that their call is confidential and the person listening understands Parkinson's.

The Helpline is available Monday to
Friday 9.30am -9.00pm and Saturday 9.30am-
5.30pm



Parkinson's RESPITE CARE in EDINBURGH & LOTHIAN

Sponsored by
Edinburgh Branch of the
Parkinson's Disease Society

www.edinburghparkinsons.org

Parkinson's Respite Scheme

WHO IS IT FOR? - This new service offers unpaid Parkinson's Carers flexible short breaks from the responsibility of caring. It is available to anyone living in the Edinburgh and Lothians area (ie with an EH Postcode).

WHAT IS AVAILABLE? – The service is available on any day including evenings. This can be for a few hours each week, or for a concentrated block over a few days, for a total of about 33 hours. The time will be arranged to meet your needs.

Highly trained Care Attendants provided by *Crossroads Caring Scotland* will provide assistance with care, including toileting, moving and handling, and giving medicines. Staff can stay with the cared-for person in their home, or can take them out by arrangement allowing carers to have some time in their own home.

WHAT WILL IT COST ME? - There is no charge.

It is entirely funded by the Edinburgh Branch of the PDS.

However there is only a limited budget. So any contributions you are able to make would be used to extend the service to make it available to more people.

HOW CAN I APPLY? - Simply get in touch with one of our Information and Support Workers,

For West Lothian, West and North Edinburgh, contact

Sheila Mutch on 0844 225 3727
Email: smutch@parkinsons.org.uk

For Midlothian, East Lothian and East and South Edinburgh, contact

Joan Cook on 0844 225 3771
Email: jcook@parkinsons.org.uk

They will help you complete a very short form that will be sent to Crossroads Caring Scotland. A member of staff from *Crossroads* will then arrange to visit you in your home to arrange the service, which will be provided based on your needs. The service is confidential and we will ask your permission if we feel somebody else should be involved.

WHAT HAPPENS WHEN THE SERVICE COMES TO AN END? - If the service has met your needs and you don't need any further help the service will cease at the end of the agreed period. If you need more help you can contact Sheila or Joan either directly or through Crossroads, and they will arrange to meet you to discuss the help you need.

If you need more support for a longer period Sheila and Joan can help you complete a Carers Assessment form which could enable you to receive Social Work Services. An assessment will find out about how you manage your personal care and household tasks. Also about what help, if any, you, your family, friends, professionals and other people give you, and what extra support you may need. It will look at the choices you have to improve your situation.