

# **York Integrated Care Team**

## **Who are we?**

We are a team working closely with your GP.

We also work closely with other services including community nurses, social services, pharmacy, physiotherapist, occupational therapists, mental health teams and voluntary services.

We have care coordinators, nurses, health care assistants and carers.

## **What do we do?**

Help people to remain independent in their own homes

Prevent people going to hospital unnecessarily

Help people after discharge from hospital

“Person Centred Care” (This means the care is agreed and chosen by you and your family and carers.)

Communicate with all the people involved in your care, to help bring it together.

## **How do I contact the team?**

Telephone 01904 721849 / 01904 721537

## **Hours of service**

Telephone access 8.30 – 6pm Monday to Friday

Carers work 8am - 9pm 7 days a week every day of the year

## **How long can the team care for you?**

The carer service can support you up to 5 days.

Once you have consented to our support we will continue to work with you, working closely with other services to help you remain independent.