

## How to get in touch

Please contact us if you have any questions, or think we may be able to help you or someone you care for. We are open Monday to Friday, except on bank holidays. If you call outside these times, please leave a message on our answerphone and we will call you back as soon as we can.

Phone: **0330 222 4222**

Email: **prevention@westsussex.gov.uk**

We are committed to equality, celebrating diversity and preventing unlawful discrimination. We value the people we support, our staff and partners for who they are, and we actively promote fairness and respect for all. We also expect our staff to be treated politely and with respect by the people we support.

If you need this information in another format, for example, on audio CD, Easy Read or in a different language, please contact Adults' CarePoint on 01243 642121 or go to [westsussex.gov.uk/contact-help](https://westsussex.gov.uk/contact-help) and fill in the online 'Contact us' form.

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# P A T prevention assessment teams

Supporting the health and wellbeing of adults of all ages



**[westsussex.gov.uk/pat](https://westsussex.gov.uk/pat)**



**Prevention Assessment Teams are joint teams including staff from West Sussex County Council, Sussex Community NHS Trust, and Guild Care or Age UK West Sussex.**

### **Our teams include:**

- **health advisors (nurses)**
- **social care workers**
- **support workers**

## **How can we help?**

We aim to help people living locally to stay healthy and remain independent. We normally work with people who do not receive services from specialist health care teams or social care services. This means we can:

- check your general state of health and wellbeing
- help you identify what may benefit you to retain your independence
- enable you to make any changes
- let you know what resources may be useful to you
- provide assistance to access practical and emotional support

For example, we could:

- advise you about how to keep healthy and manage health issues
- link you with agencies that can maximise your income and help you remain

independent through practical tasks such as shopping, cleaning and gardening

- put you in touch with local social groups and activities – from history groups or art classes to whist drives, learning courses such as computer skills and sewing clubs
- help you keep your home safe, secure and warm
- let you know what transport services are available locally

## **Working with others**

We maintain close links to carers' services, local day centres, Wellbeing Hubs, the Fire and Rescue Service, Neighbourhood Watch, and many other voluntary and community services.