



## For further information

Contact your local Primary Care Trust or GP Practice

you receive the personalised care needed to help with living where you most want to be – at home.

### Who will be eligible for a community matron?

People who have a severe long term condition or a complex range of conditions. Typically these will be people who have had several emergency hospital admissions or are at risk of having to move from their own home into a nursing home because of their condition.

### How do I get a community matron?

Speak to your doctor for advice on whether you can get a community matron.

### How often will I see my community matron?

This will be for you and your community matron to agree but you will stay in touch regularly.



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NHS

How a

# Community Matron



... can help you with your long term condition

If you have one or more long term condition, you will know how complicated it can be finding the right person to help you when you need care, support or advice.

It may be you have a health problem or need an adaptation to your home. Sometimes knowing who does what is confusing and can put you off seeking the help you need.

However, all that is changing.

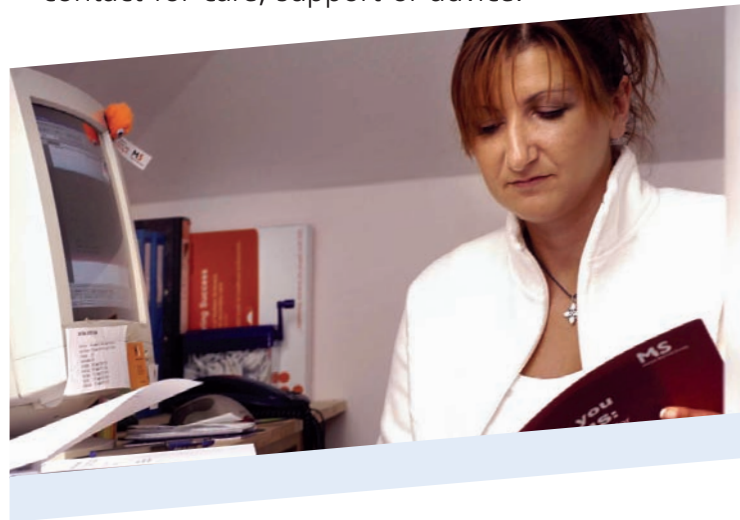
Now people with a serious long term condition or a complex range of conditions are being offered the chance of support from a community matron – a senior nurse who will not only provide your nursing care but will also plan and co-ordinate ways of meeting all your health and social care needs.

Above all, your community matron is someone who is there for you and will make sure your views are heard, so you can feel in control when decisions are being taken about your health, your well-being and your life.

## Who are community matrons?

They are highly experienced, senior nurses who can work closely with both yourself and your doctor to plan and organise your care.

As well as providing your nursing care, they will act as your 'case manager' – the single point of contact for care, support or advice.



## How will I benefit from their help?

A community matron will make sure your care is properly co-ordinated. This will mean less duplication and fewer unnecessary trips to the hospital or doctors' – saving you time and effort.

They will make sure you understand how your medicines help you and may prescribe you new medicines on behalf of other health professionals.

In addition, they will make sure your views are listened to and that your care is designed around your needs. That way you can be confident that you are in control of your health and care.

## Why do I need a community matron?

Often people with a long term condition find themselves admitted as emergency cases to hospital because their symptoms have suddenly got out of hand. A community matron can help prevent such emergencies happening in the first place by spotting difficulties as they arise and making sure you have the right care and medication to deal with them.

Also, for those whose complex care needs means they risk having to go into a care home, a community matron can ensure

