**Self Management Support Worker Referral Form**

**When considering a referral into this service please consider the following criteria**

* The individual must be living in Edinburgh and over the age of 18
* The individual **MUST** have a persistent and underlying health condition which is significantly impacting the quality of their life.
* The individual **MUST** be keen for a referral to the service to be made and be willing to engage with the suggestions that are made for there to be a benefit.
* The individual is likely to be isolated (might live on their own) or have few social networks.
* The individual might well appear to have a poor understanding of their long- term health condition and how it impacts on them day to day.
* The individual is likely to be suffering from a combination of low mood, self-esteem issues, fatigue, anxiety and may even appear to be falling into crises.
* The individual may well not have engaged with many services in the past but now be keen to do so.

The role of the Support Worker is to provide short-term intervention support to people living with one or more Long Term Condition(s) to explore Self Management approaches to improve and maintain their health and wellbeing.

The Support Worker has access to citywide information on resources, groups and activities and can direct people to, or support them to connect with these.

**Referrer details**

|  |  |
| --- | --- |
| Name |  |
| Email |  |
| Phone |  |

**Details of referral**

|  |  |
| --- | --- |
| Name |  |
| Date of birth |  |
| Email |  |
| Mobile No. |  |
| Landline No. |  |

|  |
| --- |
| Brief Details of Reason for referral |

|  |  |
| --- | --- |
| I have sent the person a leaflet with service details. |  |
| The person has given their consent for this referral |  |

**Please email to:** [**SMW@lothiancil.org.uk**](mailto:SMW@lothiancil.org.uk) **or send to:**

**Paula Moncrieff, Self Management Support Worker,**

**Lothian Centre for Inclusive Living, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY**

**The Support Worker is unable to offer home visits.**