

Your News

Issue 3

Health and Social Care information brought to you by your
East Dunbartonshire Public, Service User and Carer (PSUC) group.

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Did You Know?



***12% of adults in
East Dunbartonshire smoke.
This rises to 31% in areas
of deprivation**

*East Dunbartonshire Health and Wellbeing Survey - 2018

Power of Attorney Information

You make decisions every day, small decisions such as where to visit, or what to eat, you will also make bigger decisions about things like your health, finance, holidays or your home. But what happens if you no longer have the capacity to make any decisions whether small or significant.

What is a Power of Attorney (**PoA**)?

A **PoA** is a legal document that allows you to identify or choose someone to make decisions on your behalf. This could be a family member or a friend.

Who can have a **PoA**?

Anyone over the age of 18 can have a **PoA** and you do not have to wait until you are experiencing ill health before having a **PoA** in place.

What does a **PoA** give me?

Peace of mind, reassuring you, that if you are not able to make decisions for yourself, someone you choose and who you trust will either help you or will make decisions on your behalf. **(continued on page 2)**

CORONAVIRUS (COVID - 19)

For the most up to date and accurate information:

NHS Inform offers general advice around coronavirus/COVID-19 on the NHS Inform website:

www.nhsinform.scot

Coronavirus (COVID-19) helpline

If you do not have symptoms and are looking for general information, a free helpline has been set up on 0800 028 2816. The helpline is open from 8.00am to 10.00pm each day

NHS

**Do not leave home if you or
someone you live with has either:**

- a high temperature
- a new, continuous cough

**Check the NHS Inform website if you have
symptoms www.nhsinform.scot**

Is there only one style of **PoA**? In Scotland there are 3 types of **PoA**, these are:

- Continuing **PoA** – gives powers to deal with money and/or property
- Welfare **PoA** – gives powers to make decisions around health or personal welfare matters
- Combined **PoA** – gives money and/or property and welfare powers

Here are some examples of the decisions where a **PoA** can be helpful:

- identifying what your medical preferences are (in hospital, with a GP, a nurse or HSCP home care)
- clarifying what you like to eat, how you like to dress, what will happen to any pets you may have
- confirming what activities you want to participate in and, confirming where you would like to live

For **free** information on **PoA** call **OPAL** on **0141 438 2347** (East Dunbartonshire Information Line)

Further free PoA Information Can be found here:

- The Office of the Public Guardian in Scotland - www.publicguardian-scotland.gov.uk (01324 677328)
- Ceartas Advocacy – www.ceartas.org.uk (0141 775 0433)



Spotlight on a PSUC group member: Martin

"Hi my name is Martin and I have been involved with the PSUC group since its inception (2016). I greatly appreciate the support and encouragement I receive from the members as their representative on East Dunbartonshire Health and Social Care Partnership's Board. We in the PSUC group aim to help to improve services for service users and carers in East Dunbartonshire and It also allows the public to voice their opinions. Giving up a small bit of time to help local people is very rewarding I'd urge people to join us".

East Dunbartonshire HSCP Participation and Involvement

Involving carers, service users, the public and local communities is an important part of improving the quality of services provided by the HSCP. Effective participation and involvement can:

- help the HSCP to improve local services and ensure they are person centred, strengthening the local knowledge and confidence of carers and service users, and;
- help the HSCP to shape or redesign local health and social care services.

If you want to join the PSUC group or just require more information, the please email:

- EDPSUC@ggc.scot.nhs.uk



Did you Know?

*In East Dunbartonshire the misuse of alcohol and drugs excessively impacts deprived communities. 36% of all adults believe that getting drunk is acceptable.

*East Dunbartonshire health and well-being survey 2018

Useful Information - Out of Hours Service

- YOUR GP OUT OF HOURS SERVICE IS **NOT** for routine appointments.
- If you get ill when your GP surgery is closed and you feel you can't wait till it opens again, call **NHS 24 on 111**



CALL 111



- If you require this newsletter in an accessible format, such as large print or braille or in a community language, please email: EDPSUC@ggc.scot.nhs.uk