

# Better at Home Multi-Disciplinary Teams (MDT) What you need to know and how they can help you

## Patient Information

Adult Community Services



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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What you need to know and how they can help you  
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## Introduction

An MDT is a gathering of health and social care professionals who work together to make sure the best care is provided by the right people to help keep you healthy and well. Following an admission into hospital a health professional may discuss the option of an MDT referral to the Better at Home team with you if they feel you need some extra support.

An MDT can be made up of Community Nurses, Therapists, Social Workers, social care officers and other specialist services such as Reablement. The trust will provide you with a Reablement leaflet once it has been established you require this service. You may also be invited to attend an MDT yourself.

The Better at Home Team is a type of MDT comprising of health and social care professionals. Providing you give your consent to a referral to the Better at Home team, information will be shared as a result of that referral so the team are aware of your pre-existing medical history and current support needs to see if there is anything else they can do differently. Professionals will work together to make sure you receive the right care which is tailored specifically for you.

You may be assigned a worker such as a social worker or social care/reablement officer as your dedicated contact who will work with you after discharge to ensure that you have the right level of support once you leave hospital.

For further privacy information each organisation will have privacy notices on their website.

If someone from health or social care thinks you could benefit from the support of an MDT, you will be approached to discuss your consent.

### **Question:**

Once I have given consent, what will happen to my Information?

### **Answers:**

- Only information that is relevant to arranging the right care for you will be collected.
- Only people directly involved in your care will be allowed to look at this information.
- Information will also be limited to what is necessary for the MDT discussion.
- Your information will always be kept secure and confidential.
- You have the absolute right to withdraw your consent to a referral to an MDT at any time if you so wish.

**For more information please speak to the person who is seeking your consent to make a referral.**

Please use this space to write notes or reminders.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

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This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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