



## Do you have poor health or look after someone who does?

**Then your doctor might suggest you are discussed by a multidisciplinary team (MDT)**

**All Together Better is a new partnership in Sunderland, bringing together health and social care professionals as well as other local support agencies to help improve services for people who need a little bit more help than most.**

### **What is an MDT?**

If you have several 'complex conditions' – quite a few illnesses – and/or a disability the new 'MDTs' may look at ways to help improve your health and well-being. Made up of your family doctor, district nurses, social workers and sometimes local support agencies like Age UK Sunderland and Sunderland Carers' Centre, MDTs work together to discuss your health and social care needs, then will work with you to make a plan that is tailored to meet your needs in the most effective way.

### **What is the purpose of an MDT?**

In the past health and social care professionals would work independently so, while you would have benefited from the same level of care, you would have received support at different stages, perhaps in a disjointed way, which might have meant it took longer for you to get the right support or treatment you need.

The MDT physically brings together the people who help manage your health and social care around a table. Together they discuss your situation in one meeting and can identify ways to improve your care or treatment as well as spot other issues before they become a bigger problem. At the same time, the team might spot an area where you or your carers might benefit from additional support from the Carers' Centre or advice from Age UK Sunderland.

### **Who will be discussed?**

Not everyone with health and social care needs will be discussed as not everyone needs the additional support that would be planned in an MDT. If your case is talked about and a better plan for your health and care is suggested then a member of the team will talk to you about it and explain the benefits and changes to your current care.

### **Can I find out more?**

If you think you might be discussed at an MDT and would like to know more; ask your GP for information and advice.