

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



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

In Sunderland we're bringing together health and social care professionals and other local support agencies to improve services for people who need a little more help.

This includes 'multidisciplinary teams' (MDTs) made up of your family doctor, district nurses, social workers and sometimes Age UK Sunderland or Sunderland Carers' Centre representatives working together to plan your health and social care.

Not everyone with health and social care needs will be discussed as not everyone needs the additional support.

If your case is talked about and a better plan for your health and care is suggested then a member of the team will meet with you to discuss a plan that is tailored to meet your needs in the most effective way.

### 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.

**All Together  
Better**

Better Health and Care  
for Sunderland