

# Voice of the elderly

To find out more or to access the service please use the contact details below (please note to qualify for this service you must be aged over 65; live in your own home which includes sheltered & very sheltered accommodation; and, live within the Fife Local Authority Area)...

## Local Area Co-ordinators:

### East Fife -

- ⇒ Wayne Mathieson
- ⇒ Shirley Heeps

### West Fife -

- ⇒ Alison Wilson
- ⇒ Fiona Clark

## Contact:

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Voice of the elderly

## LOCAL AREA CO-ORDINATION FIFE 'A GUIDE FOR OLDER PEOPLE'

FIFE ELDERLY  
FORUM EXECUTIVE



'Building bridges within the communities of Fife'

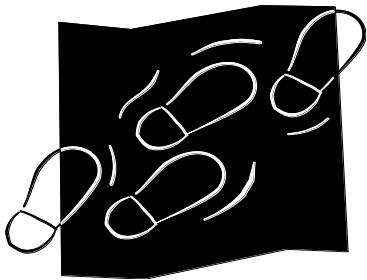
TEL 01592 643743 for further  
information on Local Area  
Co-ordination or other Fife  
Elderly Forum Services

## Local Area Co-ordination

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### What is Local Area Co-ordination?

- ⇒ It is supported by the Fife Elderly Forum to work with individual older people, their families, carers and other services to identify community groups and services which help older people to maintain their independence, connect with and be part of their community for as long as is possible (for example: day services; local clubs or interest groups)
- ⇒ It responds to expressed wants and needs
- ⇒ It values the contributions older people do and can continue to make towards society in general



Local area co-ordination, your pathway to services for older people

To support this there are four Local Area Co-ordinators (LACs) working in two geographical areas East & West Fife (equating to two LACs per area).

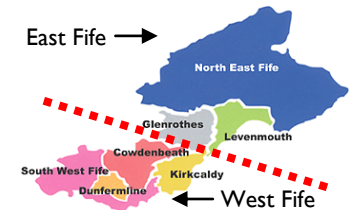
LACs work alongside our communities to help identify

services and groups which might support individual needs and wants. LACs will never direct people or force services on people but instead will offer information and signposting as to how individuals might fulfill their needs and wants where this is possible.

## Local Area Co-ordinators:

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**EAST FIFE**—incorporates Kinglassie, Glenrothes, Wemyss, Levenmouth, East Neuk, Tay Coast; and the North East including Cupar & St Andrews

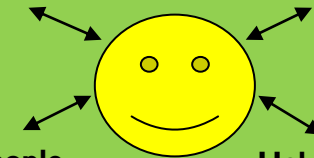


**WEST FIFE**—incorporates West Fife including Kincardine, Kelty, Dunfermline & Benarty; and, the Forth Coast to and including Kirkcaldy

### What we do...

Help older people to live independently within their own homes & communities

Work with individuals, families, supporters, agencies & community groups



Only work with people on a consensual basis

Help identify services & community resources for older people

### What we can't do...

- ⇒ Carry out formal assessments (including those for personal care)
- ⇒ Provide a direct service such as befriending or crisis intervention