

Contact details

If you need support or advice when you leave hospital:

Torbay health and social care: 01803 219700

Devon health and social care (Care Direct): 0345 155 1007

Other useful links:

www.ageuk.org.uk – General info and advice

www.ageingwelltorbay.com – Specific Torbay info and advice

www.alzheimers.org.uk – Support for people living with dementia

www.theros.org.uk – Royal Osteoporosis Society

www.dsfire.gov.uk Devon and Somerset Fire Service to book a home safety check

www.torbayandsouthdevon.nhs.uk/

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

PATIENT INFORMATION

Frailty Intervention Team



Working with you, for you

Why are you receiving this leaflet?

You have been seen by the Frailty Intervention Team during your hospital visit. We are a team that includes consultants, nurses, doctors, therapists and coordinators who see patients coming into the Emergency Department and Medical Receiving Unit who have had an admission relating to being frail.

What is Frailty?

Frailty is a long-term condition related to getting older that affects your ability to bounce back from minor illnesses and injuries and may mean you need more help with everyday tasks.

It can mean that small events may have a big impact on your health. Sometimes it is hard to recover back to your normal level of ability. Events linked to frailty include:

- Falling over.
- Getting up and about less.
- Becoming less able to manage everyday tasks at home.
- Losing weight without meaning to.
- Changes to your wee/poo habits such as going more often or not making it to the toilet in time.
- Memory problems or feeling confused.

The good news is there is lots that can be done to help prevent or manage some of these challenges, especially if we think ahead.

What do the Frailty Intervention Team do?

- Find out what matters to you and think about how we can help you to achieve this.
- Carry out a thorough review of your physical, mental and social health, a bit like a health MOT!
- Check your medicines to see if they are still useful for you and not causing problems.
- With your consent, we can get in touch with your loved ones to keep them up to date with what is happening.
- See if you need any equipment or help at home.
- Arrange support from community teams if you do not need to stay in hospital.
- If you need to stay in hospital, we will make a detailed plan to get you home as soon as we can.

Things to remember when you go home:

- **Eat and drink well** – This gives your body energy, helps avoid constipation, falls and infections.
- **Keep active** – It's good for everyone to keep active to keep your muscles strong. Even a short walk will help!
- **Keep your mind active** – Keep in touch with loved ones and friends. Consider joining local groups to avoid feeling lonely.