

## Why have you been referred to the Acute Geriatric (Frailty) Clinic?

You may have recently attended the Emergency Department with a trip or fall or you may have needed to come to the Emergency Department a number of times for other problems.

As many as 4 out of every 5 older persons discharged from the Emergency Department will require an emergency admission to hospital within the following 3 months. We think that many falls and hospital admissions may be preventable.

We want to help you to maintain your current quality of life and independence. Being reviewed by a specialist in the Acute Geriatric Clinic can reduce the chances of you having further falls or needing admission to hospital.

## What will happen in clinic?

- The clinic is held on Ward 14 at Airedale General Hospital
- You will be seen by a specialist doctor to discuss your current health and any concerns that you may have.
- Appointments last 30-45 minutes. This allows time for issues to be explored that may not have been addressed in the Emergency Department or by your GP.

## How can the Acute Geriatric (Frailty) Clinic help?

- Medications are more likely to cause problems as people get older. You may be taking medicines that you no longer need or else the dose you are taking may be too high. This may be making you feel unwell or affecting your balance. Stopping or reducing the dose of some medicines can significantly reduce the chances of you falling or needing admission to hospital.
- We may ask a physiotherapist to watch you walking to see if you have appropriate walking aids and that you are using them correctly.
- Some people need a bit of extra support at home or simple adaptations to help them to get about. We will be able to talk about whether you feel this would be appropriate for you.
- Some people may have problems with their memory that have never been discussed with a doctor.

## What do you need to bring with you?

It will help the doctor in clinic if you can bring:

- Any medicines you currently take even if they are in a dosette box
- Any walking aids that you use either at home or when going out
- It can be helpful if a family member can come along with you

## What to do if you can't make it to clinic?

- If you need ambulance transport to get to the appointment, please call the Aire Unit on 01535 292721 at least 48 hours before your appointment.
- If you are unable to make your appointment or would like to re-schedule please call 01535 294481

## Notes:

**Are you a victim of Domestic Violence? For confidential telephone advice, ring 01535 210999, 01282 726000 or 01756 794400 (depending on your location).**

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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