

## Patient information

# Community Frailty Specialists

### What is a specialist frailty therapist?

You have been referred to us for assessment, and we will work in partnership, to learn what is important to you. We want to help you to maintain / increase your confidence and independence, to prevent frailty, and unnecessary admission to hospital.

Our service is centred around you and is provided by occupational therapy and physiotherapy.

### What our service includes

Together we will improve safety and build resilience, leading to improved quality of life with optimum levels of independence. We will agree a personalised care plan that accommodates your preferences and decisions. We will achieve this by using some of the following interventions:

- Assess your strengths and challenges
- Adapt your environment, and explore equipment including assistive technology (devices to aid a person's ability in everyday life)
- Agree some exercises
- Encourage you to maintain and engage with daily life activities
- Discuss how you can live a healthier life
- Talk about how you can live the life you want to live
- Work alongside your GP, nurses and other healthcare professionals
- Work alongside your family, carers and other services
- Sign-post you to services / groups in your local community
- Empower you to maintain these positive changes and healthy choices
- Enable you to monitor changes in your abilities and information on who to contact if things change

## Your future appointments

Date	Time	Who	Where

We may visit you in your own home, meet you at your local GP surgery or local health centre.

If your clinician provides you with an equipment item, this will be delivered by the equipment company **Medequip**.

To contact Medequip to arrange a free collection of your equipment if required, you can phone them on **01473 351805** or email: [Suffolk@medequip-uk.com](mailto:Suffolk@medequip-uk.com).

## Your health care record

It is our legal duty under the data protection act to keep your medical record confidential whether it is held in electronic or paper format. Your information is held solely for the purpose of your health and wellbeing and will only be shared with other health professionals involved in your treatment. Please refer to the leaflet "You and your health records" for further information on your rights and our obligation to you.

## For further information

The therapists in the team can be contacted via the Care Coordination Centre: 0300 123 2425

This number can be contacted 24 hours a day, 365 days of the year.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*  
<https://www.accessable.co.uk>



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