

# The Acute Frailty Team

## Information for patients, relatives and carers



You are receiving this leaflet because you have been referred to **The Acute Frailty Team**.

The Acute Frailty Team work together to improve the quality of life for frail adults living in Calderdale and Huddersfield.

Our team recognise everyone has different expectations, hopes, fears, strengths and abilities, as well as different levels and types of support and needs.

The aim of the Acute Frailty Team is to provide a comprehensive holistic assessment of your needs.

We will discuss all aspects of your medical history including your current reason for being admitted to hospital. We will address any concerns you may have with either yourself or your family. Including any difficulties you are experiencing with mobility, daily activities and your social circumstances.

With your consent we will talk to your carers, family and friends. We will discuss how you are managing at home and signpost you to support and available services to help you in the future.

## What is frailty?

There is no single definition of frailty, but most people recognise that it is a state of increased vulnerability to adverse health outcomes. Older people living with frailty are less able to adapt to stressors such as acute illness, trauma or even social conditions.

It is important that we identify frail patients and give you the right care in hospital and at home to ensure that you live well with frailty and avoid any of the known risks. This matters because admission to hospital can be disruptive and can bring its own problems for someone who is showing signs of frailty.

## How can I be referred to the Acute Frailty Team?

If you are identified as frail on admission to Emergency Department (ED) you will be referred to the Acute Frailty Team.

The working hours for the Acute Frailty Team are Monday to Sunday, 8am until midnight. We aim to see you within the first hour of your arrival to ED depending upon your medical status and any pending investigations you may be having.

## The Same Day Emergency Care Unit

The Same Day Emergency Care Unit (SDEC) is an extension of the emergency department. The unit provides specialist care which focusses on providing a safe, timely discharge following a comprehensive assessment on the same day.

The Acute Frailty Team work closely with the advanced clinical practitioners and geriatricians to decide whether an admission to hospital is required, or if alternative support such as social care, medical intervention and rehabilitation can be provided in the community.

## Our team

**We are a specialist multi-disciplinary team made up of:**

- Consultant Geriatricians
- Specialist Frailty Nurses
- Specialist Frailty Pharmacist
- Specialist Frailty Physiotherapists
- Community Services
- Specialist Advanced Clinical Practitioners
- Specialist Frailty Occupational Therapists
- Specialist Frailty Mental Health Services
- Social Services

## What will happen when you are referred to the Acute Frailty Team?

A holistic assessment will be commenced by the most appropriate clinician from the team; you may be seen by more than one member of the team dependent on your needs. You may also have some medical tests depending on your reason for attendance.

Our aim is for you to go home as soon as you are medically fit to do so. If you require more support at home, then this will be something we will review and if necessary put in place.

While you are with us we will be promoting your independence by ensuring you are up and dressed, encouraging you to mobilise as much as possible. We would like you to be dressed in day wear during the day with appropriate footwear on. We need to know all about you, so it is important that you share with us how you or your relative or carer is managing prior to coming to hospital.

We will also aim to provide your care at the right time in the right place.  
This may mean some recovery is completed at home or in another care facility.



## Patient, relatives and friends question's for the Frailty Team

What would you like to ask?	Name of person asking and relation

## Discharge Arrangements - You are now well enough to leave the hospital

Any follow up arrangements and discharge plans will be listed below:

Who will be coming to see you at home after being discharged?

Has an outpatient appointment been made?

Have we changed your medication?

If you or your family have any concerns during your stay or following discharge please contact the Acute Frailty Team on 07717300740. If it is out of the hours of 8am - 8pm please leave a message and we will aim to contact you the next working day.

If you require medical attention please ring your GP or 111 for out of hours.

If you find you are struggling at home, please contact Gateway to Care:

Kirklees - 01484 414933

Calderdale - 01422 393000

### Final Thought....

A hospital stay itself can trigger a crisis. Please consider that at times hospitals are not the most appropriate or safe place for a frail older patient.

### Notes


If you have any comments about this leaflet or the service you have received you can contact :

Acute Frailty Team  
Telephone No: 07717300740

[www.cht.nhs.uk](http://www.cht.nhs.uk)

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"