



ihub

supporting health
and social care

Frailty and falls assessment and intervention tool



Contents

Frailty and falls	4
Social circumstances	5
Mental health	6
Environment	7
Nutrition	8
Dizziness or blackout	9
Medications	10
Mobility and balance	11
Continence	12
Vision and hearing	13

How to use this tool

The frailty and falls assessment and interventions tool is designed for use within health, social care and third sector to support assessment and identification of interventions to meet an individual's needs. It can be used to help signpost individuals to the right care and support within the local community. It is designed to enhance the local assessment and intervention process and documentation.

It can also be used as a framework for key worker or clinical assessment, case review or analysis of interventions to support wellbeing.

Frailty and falls

Frailty and falls screening



Check

General health status and pressure care

Recent functional decline or performance

Falls history

Increased hospital admissions or dependency on community services

Consider

Comprehensive geriatric assessment

Multidisciplinary team case review

Health and wellbeing interventions (smoking cessation, alcohol, healthy eating, exercise)

Pressure ulcer assessment


Anticipatory care plan

Key worker

Adult support and protection

Social circumstances

Support to live well at home
or homely setting



Check

Informal support

Opportunity for social activities or access

Care resources

Community connections

Readiness to change

Consider

Welfare assessment and income maximisation

Carers assessment

Community assets (befriending and active health classes)

Technology to support health and wellbeing

Referral to social work services

Key worker

Risk enablement

A Local Information System for Scotland (ALISS)

Mental health

Cognition mood
fears and anxiety



Check

Changes in memory or mood

Cognitive assessment

Delirium

Fear of falling

For signs of infection

Any recent medication changes

Loneliness and isolation

Consider

Referral to community mental health teams or GP

Dementia services

Assistive technology assessment

Locality support (leisure and dayservices)

Advocacy

Counselling and wellbeing services

A Local Information System for Scotland (ALISS)

Environment

Is the environment
safe and suitable?



Check

Transfers (bed, toilet and chair)

Safety on internal and external stairs

Lighting suitable

Home hazards

Pathways around home are clear

Persons interaction with environment (risk taking and balance)

Does housing meet needs

Consider

Occupational therapy, social work and housing

Scottish Fire and Rescue Service home safety visit

Care and repair


Fuel poverty check

Telecare

Housing support

Nutrition

Evidence of weight loss
or poor oral intake



Check

Weight and BMI

Dentition

Ability to make meals and functional ability to feed self

Vitamin D levels

Consider

Dietary supplements

Encourage hydration


Referral to dietitian for nutritional assessment

Referral to dentist for issues relating to dentition

Referral to occupational therapist and social work department

Dizziness or blackout

Complaints of dizziness,
light-headedness or
“just went down”



Check

Lying and standing blood pressure

Manual heart rate

Blood glucose

Consider

Referral to practice or community nurse

If loss of consciousness refer to GP

Medication review

Discussing with specialist falls service

Telehealth and telecare

Medications

Polypharmacy
high-risk drugs



Check

Medication review

If any dizziness, light-headedness, visual disturbance or hallucinations

Any recent changes to medications

Compliance

Use of over the counter medication

Consider

Pharmacy and GP review of medication

Referral for compliance aids and telecare

Social work for medication prompt

Influenza and Pneumococcal Pneumonia vaccine

Mobility and balance

Unsteady gait, balance,
muscle weakness and fear of falling



Check

Mobility

Walking aid use and condition

Splints, prosthesis fitting and compliance

Assessment of balance

Foot pain, skin colour, sensation and movement

Footwear

Consider

Community physiotherapy

Reablement

Occupational therapy

NHS strength and balance class or leisure class

Community connections

Podiatry and orthotics

Footwear and foot care advice

Encourage physical activity

Continence

Incontinent of urine
and/or faeces



Check

Urinalysis

Clothing easy loosened

Catheter bags secured to leg

Changes to elimination habits

Consider

Referral to community or practice nurse for
continence assessment

Provision of commode

Fluid intake

Medication review

Vision and hearing

Visual or hearing impairment



Check

If vertigo symptoms (room spinning)

Hearing aids fitted correctly and working

Wearing current prescription glasses

Good lighting

Consider

Optician for eye test

Local domiciliary opticians

Discourage use of multifocal glasses - provide visual leaflet

Referral to sensory impairment team

Practice nurse for ear assessment

Focus on frailty

Scotland has an ageing population. By 2035, over 65s will account for over 30 per cent of the population. Over the same period, the number of people over 90 will treble.*

Frailty is a clinically recognised state of increased vulnerability that results from ageing associated with a decline in the body's physical and psychological reserves. Falls are often the first sign of frailty. Recognising frailty at an early stage and offering personalised interventions can support an individual to live well at home. Multi-professional working is key to ensure that people access the right services at the right time.

We would like to thank Lynn Flannigan, Care Home Liaison Physiotherapist, Lanarkshire Falls Service and Glasgow City Health and Social Care Partnership for their contribution to developing this tool.

*General Register of Scotland, 2011



Healthcare Improvement Scotland

The Improvement Hub (ihub) is a part of
Healthcare Improvement Scotland

For further information contact:

hcis.livingwell@nhs.net

www.ihub.scot