### Frailty and falls screening
- General health status and pressure care
- Recent functional decline or performance
- Falls history
- Increased hospital admissions or dependency on community services

### Social circumstances
- Support to live well at home or homely setting
- Informal support
- Opportunity for social activities or access
- Care resources

### Mental health
- Cognition, mood, fears and anxiety
- Changes in memory or mood
- Cognitive assessment
- Delirium

### Environment
- Is the environment safe and suitable?
- Transfers (bed, toilet and chair)
- Safety on internal and external stairs

### Nutrition
- Evidence of weight loss or poor oral intake
- Weight and BMI
- Dentition

### Dizziness or blackout
- Complaints of dizziness, light-headedness or “just went down”
- Lying and standing blood pressure
- Manual heart rate

### Medications
- Polypharmacy, high-risk drugs
- Medication review
- If any dizziness, light-headedness, visual disturbance or hallucinations

### Mobility and balance
- Unsteady gait, balance, muscle weakness and fear of falling
- Mobility
- Walking aid use and condition
- Splints, prosthesis fitting and compliance

### Continenence
- Incontinent of urine and/or faeces
- Urinalysis
- Clothing easy loosened

### Vision and hearing
- Visual or hearing impairment
- Optician for eye test
- Local domiciliary opticians

---

**For further information contact**

[hcslivingwell@nhs.net](mailto:hcslivingwell@nhs.net)

[www.ihub.scot](http://www.ihub.scot)