

## Frailty and falls assessment and intervention 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 can also be used as a framework for key worker or clinical assessment, case review or analysis of interventions to support wellbeing.

It is designed to enhance the local assessment and intervention process and documentation.

### 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