

Vision and hearing
Visual or hearing impairment
⋮
Check
Symptoms of vertigo
Hearing aids fitted correctly and working
Wearing current prescription glasses
Good lighting
⋮
Consider
Optometrist for eye check
Any domiciliary optometry service
<u>Advice from optician on use of multifocal glasses</u>
Referral to sensory impairment team
Practice nurse for ear assessment

Focus on frailty

Frailty assessment and interventions tool

The frailty assessment and interventions tool is designed to support community health and social care teams to identify and assess people living with frailty and those at risk of falling. It contains interventions to consider, depending on an individual's needs. The tool can be used to help signpost individuals to the right care and support within the community. It can also be used as a checklist to aid assessment of risk factors and prompts for interventions that can reduce risk and improve wellbeing.

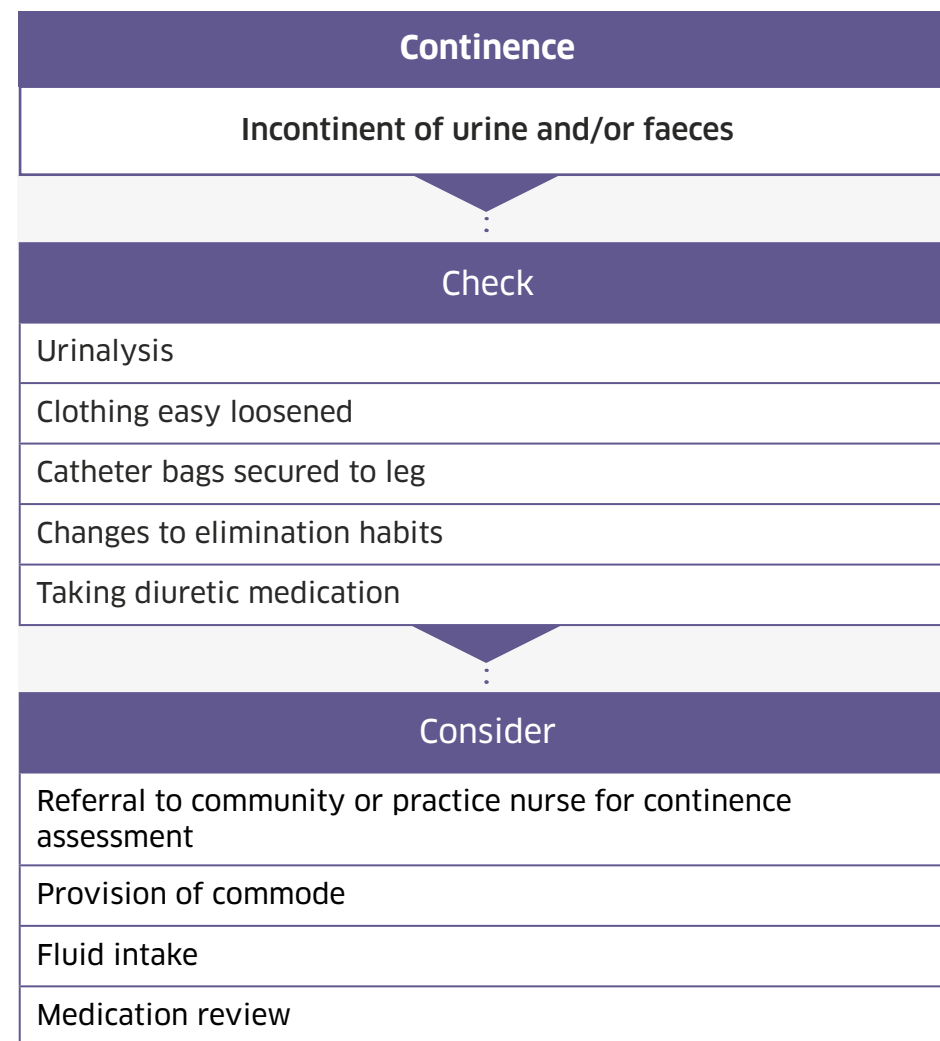
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Focus on frailty

The number of people aged 65 and over in Scotland is projected to grow by nearly a third by 2045.¹

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.

1. National Records of Scotland. Projected Population of Scotland (2020-based) [online]. 2023 [cited 2024 Sept 4].



Mobility

Unsteady gait, balance, muscle weakness and fear of falling

⋮

Check

Mobility and gait

Walking aid use and condition

Splints, prosthesis fitting and compliance

Foot pain, skin colour, sensation and movement

Foot pain, skin colour, sensation and movement

Footwear and trip hazards

⋮

Consider

Community physiotherapy

Reablement

Occupational therapy

NHS strength and balance class or leisure class

Community connections

Assessment of balance

Podiatry and orthotics

Footwear and foot care advice

Encourage physical activity

Frailty and falls

Frailty and falls screening

⋮

Check

General health status and skin care

Recent decline in function or performance

History of recent falls

Increased hospital admissions or interaction with community services

⋮

Consider

Comprehensive geriatric assessment

Multidisciplinary team case review

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

Pressure ulcer assessment

Future care plan

Key worker

Adult support and protection

Social circumstances
Support to live well at home or homely setting
⋮
Check
Informal support being provided
Opportunity for social activities or access
Current care package
Community connections
Willingness to consider lifestyle changes
⋮
Consider
Welfare assessment and income maximisation
Carer's assessment
Community assets (befriending and active health classes)
Technology to support health and wellbeing
Referral to social work for home assessment
Key worker
Risk enablement
A Local Information System for Scotland (ALISS)

Medications
Polypharmacy, high-risk drugs
⋮
Check
Any side effects, particularly dizziness, light-headedness, visual disturbance or hallucinations
Recent medication changes
Compliance with medication
Use of over-the-counter medication
⋮
Consider
<u>Seven steps to appropriate polypharmacy</u>
Referral for compliance aids and telecare
medication prompts
Influenza and Pneumococcal Pneumonia vaccine

Dizziness or blackout

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

⋮

Check

Recent medication changes

Manual heart rate

Blood glucose

Lying and standing blood pressure

⋮

Consider

Referral to practice or community nurse

Refer to GP if someone has experienced a loss of consciousness recently

Medication review

Discussing with specialist falls service

Telehealth and telecare

Mental health

Cognition, mood, fears and anxiety

⋮

Check

Changes in memory or mood

Cognitive assessment

Delirium (sudden confusion)

Fear of falling

Signs of infection

Recent medication changes

Loneliness and isolation

⋮

Consider

Referral to community mental health teams or GP

Dementia services

Assistive technology assessment

Locality support (leisure and day services)

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
Home hazards
Pathways around home are clear
Person's interaction with environment (risk taking and balance)
Whether housing meets needs
⋮
Consider
Occupational therapy, social work and housing
Scottish Fire and Rescue Service home safety visit
Referral to advice and support around home adaptations and repairs from Care and Repair
Fuel poverty check
Telecare
Housing support

Nutrition
Evidence of weight loss or poor oral intake
⋮
Check
Weight and body mass index (BMI)
Dentition
Ability to make meals and functional ability to feed self
Food and drink normally consumed
Ability to swallow
⋮
Consider
Carer support for preparing meals
Encourage hydration
Referral to dietitian for nutritional assessment, Malnutrition Universal Screening Tool (MUST) and supplementation if needed
Referral to dentist for issues relating to dentition
Vitamin D levels
Referral to a speech and language therapist if swallowing difficulty identified