

# Frailty Assessment Unit

## Information for patients and visitors

This information sheet explains who the Frailty Assessment Unit cares for and what happens while you are with us. If you have any questions or concerns, please do not hesitate to speak to any member of the team caring for you.

**Twining Ward, 1<sup>st</sup> floor, Cheyne Wing, King's College Hospital, Denmark Hill**

**[www.kch.nhs.uk](http://www.kch.nhs.uk)**

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### **Who does the Frailty Assessment Unit care for?**

We are a short-stay unit that assesses frail older people as soon as they come to hospital. This is to ensure that they:

- get the best possible care and treatment when they are in hospital
- are supported to recover when they leave.

We aim to:

- recognise your unique needs and circumstances
- assess you quickly in a calm setting
- minimise ward transfers and the time you spend in the Emergency Department
- provide support and treatment so you – and your carers – can manage your condition as best as possible.

### **How do you decide I need this type of care?**

Some people lose their independence when they are unwell, even if they have only a minor illness. They are not able bounce back quickly after a physical or mental illness, an accident or other stressful event. This is more common in older people who have several health problems or who struggle to be independent even when they are well. The medical term for being vulnerable in this way is 'frailty'.

### **What happens on the Frailty Assessment Unit?**

You will be assessed by our team of doctors, nurses and therapists when you are admitted to the unit. They will write an individual care plan for you.

You will be reviewed by a consultant specialising in the care of older people when you are admitted between 9am – 5pm, Monday to Friday. Therapists do assessments until 6.30pm. Outside of these hours you will be seen by an on-call team

We care for male and female patients but you will not share a room with a member of the opposite sex. We will respect your privacy and dignity at all times. You can wear your own

clothes and will not need to change into a hospital gown. This helps you to feel more comfortable and at ease.

## **How long will I be on the Frailty Assessment Unit?**

You will be with us for up to 24 hours.

## **What happens when I leave the Frailty Assessment Unit?**

**Discharge:** If you are well enough, we will discharge you from hospital. We will give you a discharge summary and send a copy of this to your GP. This has important information, such as the treatment you have had and any follow-up care you need.

**Move to another ward (transfer):** If you need continued medical care and monitoring we will move you to a ward in our Health and Ageing Unit.

## **Mealtimes**

We have protected mealtimes so staff can help you with eating without being disturbed. Your visitors and carers are also welcome to help you at mealtimes.

- Breakfast – 8am
- Lunch – 12.30pm
- Dinner – 5.30pm

## **Visiting times**

As this is a short-stay unit, there are no specific visiting hours. If you have a carer they are welcome to remain with you to help with your care. You can have up to **three** visitors at any one time. Young children must be supervised at all times.

## **Meet our team**

**Consultants :** Dr Dan Wilson (team lead),  
Dr Prashanth Reddy, Dr Mariaelena Giudici,  
Dr Nymah Jahangir, Dr Dulka Manawadu

**Matron:** Denise Andrew

**Senior sister:** Kate O' Donoghue

**Consultant physiotherapist:** Julie Whitney

**Physiotherapist:** Anna Marioni (team lead)

**Occupational therapist:** Fiona Mooney  
(team lead)

## **Who can I contact with queries or concerns?**

If you have any queries or concerns, please contact the Frailty Assessment Unit. We are open 9am – 5pm, Monday to Friday, tel: **020 3299 4177**.

## **PALS**

The Patient Advice and Liaison Service (PALS) offers support, information and assistance to patients, relatives and visitors. The PALS office is on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601** Email: **kch-tr.PALS@nhs.net**

You can also contact us by using our online form at **[www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)**

If you would like the information in this leaflet in a different language or format, please contact PALS on **020 3299 1844**.