

Care Plus

January, 2020

Newsletter

A proactive approach in addressing frailty, health and wellbeing in older people.



Meet the team:

Our award winning multidisciplinary team includes professionals from various disciplines.

GP's

Consultant Geriatricians

Pharmacists

Community Matrons

Physiotherapists

Occupational Therapists

Health Care Assistants

Social Workers

Age UK

Welcome to our first newsletter of 2020.

In this edition we would like to address the pressure of winter on the NHS and the increased risk to the frail elderly at this time of year.

Care Plus brings together various professionals to ensure the best care. Our approach is **proactive** in addressing frailty, health and wellbeing in older people.



Examples of the type of patient seen by our Care Plus team:

- Those who are frail.
- Those who are recurrent GP or hospital attenders.
- Those who are frail complex.
- Those who are non-acute hospital discharges.
- Those with social isolation.
- Those who are willing to engage.

The Care Plus service allows the various disciplines to work with patients and their families to avoid the need for an unnecessary trip to the hospital.

We understand the importance of independence and actively promote this.

Although Care Plus operates in the community, we are a mainly home based NHS service.

By visiting patients in their own homes it allows us to:

- Check the environment for those who are likely to fall.
- Help patients feel more at ease as they are in a familiar environment.
- Identify other family members that may need a Care Plus assessment.
- Educate the patient on how to manage their environment.
- Identify the needs of the carer.

We seek to help patients stay in their own homes.

Frailty is an effective way of identifying people who may be at greater risk of future hospitalisation.

So, what is frailty?

Frailty is where someone is less able to cope and recover from accidents, physical illness or other stressful events. This means starting with prevention and early identification of frailty and supporting people appropriately on the basis of their needs.



Many of the factors that cause people to age differently can be influenced by interventions based on preventative healthcare, lifestyle choices and exercise.

Frailty is an effective way of identifying people who may be at greater risk of future hospitalisation.

It is important that people who are frail are supported to manage their health and wellbeing as they age.

What those who have used our Care Plus service say about us.

“Greatly impressed with the care and efficiency shown”

“Excellent service. Could not have received better care.”

“Very good. Helped me get mobile.”

Our service users and their families have been providing great feedback on all aspects of the service provided by Care Plus.

Currently there are 118 reviews on Healthwatch North Tyneside. You can see all of the reviews [here](#).

If you, or someone you know is concerned about frailty, please speak to your GP who will be able to assess you for referral to the Care Plus service.

Winter Pressures



In winter, pressures on A&E departments increase substantially, particularly admissions for winter respiratory illnesses, putting an additional, but in some cases avoidable, burden on the NHS.

The fall in temperature puts frail older people at risk, this group is amongst the most vulnerable at this time.

This period puts a massive strain on the NHS service.

It is essential that we work collaboratively to ease this pressure and ensure that frail older people receive proactive care.



Did you know?

Our **immune system** doesn't function as well as we age. The cold puts more **pressure on our hearts** and circulatory systems.

Changes to our bodies as we age can mean it's **harder to keep warm.**

We can all do our bit to help

