

## HOW TO CONTACT US

Frailty Assessment Unit (Ward 14)  
phone numbers

❖ **01698 752 261**

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**You may receive calls from  
01698 759000.**

Our Multidisciplinary Team Meeting occurs at midday Monday – Friday. If you require a medical update, please call after 1pm.

If you wish a general update please call after 07:30am.

Visiting: 2 visitors twice daily for 45 minutes. It does not need to be the same 2 visitors.

Visiting hours are between 1pm - 5pm and 6pm - 8pm. Unless pre-arranged with nurse in charge.

(Please avoid mealtimes 8am, 12noon and 5pm)

Should you require an appointment with the Consultant looking after you, this can be arranged by calling the Care of the Elderly secretary via switchboard **01236 748748**



[www.careopinion.org.uk](http://www.careopinion.org.uk)

**NHS Lanarkshire** - for local services and the latest health news visit [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk)  
NHS Lanarkshire General  
Enquiry Line: 0300 30 30 243

**NHS inform** - The national health information service for Scotland.  
[www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.  
[Services@lanarkshire.scot.nhs.uk](mailto:Services@lanarkshire.scot.nhs.uk)

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# Frailty Assessment Unit, UHM

Information for patients & carers

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## UNPLANNED HOSPITAL ADMISSION AND DISCHARGE PLANNING

You have been admitted to hospital as an emergency because of a medical issue you are having. You will be seen in the Frailty Assessment Unit under the care of a consultant.

We will ask you, your family or other people who know you to tell us information about you. We need to find out about your medical and social background, and the things you can normally manage to do. It is important that this information is accurate as it will let us know when you are ready and safe to be discharged from hospital.

If you are medically well you will be discharged from the frailty assessment unit to your home. If you have a support package at home, this will be started again.

Whilst your medical problem is being treated, you might need to be seen by our physiotherapist or occupational therapist. They can look at how you are managing with the things you need to do every day.

You might be finding it more difficult to move around or do the things you need to do every day because of your illness. We might recommend homecare, therapy at home or both. This will give you support when you are discharged. You would also be referred to the 'Discharge Hub'.

It would be expected that your house will be ready for you going home. Any barriers to this should be identified whilst you are in hospital and be fixed by your next of kin so you are ready for discharge.

## PLANNED DATE OF DISCHARGE

A Planned Date of Discharge (PDD) is the date that we plan for you to be discharged from hospital. We will agree this date as soon as we can and discuss if the date changes. We will make plans for you to safely move back home.

With a PDD, health and care staff work together with you and your family to look at planning your discharge as soon as possible.

When people are admitted to hospital, one of the first questions often asked is "when am I getting home?". PDD allows for that question to be answered.

PDD focuses on you (the patient) as discharge is planned around you and your family.

A PDD allows time for concerns to be discussed and addressed before your planned date of discharge arises.

## WHAT TO BRING TO HOSPITAL?

A supply of:

- ❖ Underwear
- ❖ Pyjamas
- ❖ Toiletries
- ❖ Everyday clothing
- ❖ Footwear
- ❖ Slippers (preferably a full slipper, not mule type)
- ❖ Glasses and hearing aids if applicable.

## FOOD AND DRINK

We encourage patients to have good diet and fluid intake. Food and drinks can be brought from home for patients but please be mindful that the ward does get warm and therefore perishable food will go off quickly.

## ELECTRONIC DEVICES/ MOBILE PHONES

Please remember that you might have to move to a different ward a few times. Please label items such as mobile phones, Kindles, tablets etc so that we know who they belong to.

You can use your bedside TV and telephone. Please ask staff how this works.

## FOR GOING HOME, MAKE SURE YOU HAVE

- ❖ Outdoor clothes, shoes and jacket.
- ❖ House keys or the keysafe number if applicable.