**GARNET FOLD PRACTICE**

We are collecting important information about our patients who are 65 years and older, so that we can help them to stay well. Please help by completing this sheet.

Thank you

Name: …………………………………………………. DOB: ……………………….

Height: …………………………………… Weight: …………………………..

Have you had any falls in the last year? ……….. If so how many? …………..

Have you had any previous broken bones?

If so, which? …………………………………, and when? …………………………….

………………………………………………………………………………………………...

Did either of your parents break a hip in their lifetime? ………………………………..

Do you smoke? ……………………….. If so, how many? …………………………..

Do you drink alcohol? ……………….. If so, how much? …………………………..

Have you any worries about your memory? …………………………………………….

Are you taking your medications as prescribed? ………………. – if not please make an appointment to speak to our in-house pharmacist.

We have lots of people at the surgery who can contact you to help with advice. I have also attached an advice sheet for you to take home.

If you would like to be contacted, please leave a contact number below.

Telephone no: ………………………………………………………….......

**GARNET FOLD PRACTICE**

**The Staying Well Advice Sheet**

**Diet and Fluids**

* Eat at least 5 portions of a variety of fruit and vegetables every day
* Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
* Have some dairy or dairy alternatives (such as soya drinks)
* Eat some beans, pulses, fish, eggs, meat and other protein
* Fluids, drink at least 1.5L of fluids a day

**Exercise**

Adults aged 65 and over should do: at least 150 minutes of moderate aerobic activity such as cycling or walking every week and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

**Alcohol**

It is advised that both men and women drink no more than 14 units of alcohol per week on a regular basis (this is equivalent to a bottle and half of wine, 7 pints of beer, or 14 shots of spirits). Spread this over at least 3 days. If you would like support regarding alcohol, please contact our health improvement practitioners at the surgery.

**Smoking**

Stopping smoking at any age will be beneficial to your health. If you would like to help to stop smoking, please contact our health improvement practitioners at the surgery or call NHS Stop Smoking helpline free 0300 123 1044.

**Memory**

If you have any concerns regarding your memory, please contact the surgery to make a telephone appointment with one of our doctors for an assessment.

**Feeling Lonely**

Please see below for useful numbers who can offer advice on services available, many are free of charge.

**USEFUL CONTACTS**

**SOCIAL PRESCRIBING LINK WORKER –** a contact between yourself and the GP. They can visit you at home and discuss any concerns you may have and help improve your quality of life. They can refer you to services to help including a pharmacist to discuss medication. We can also refer to the falls team (who can help with an equipment and physiotherapy to aid mobility) and to the integrated neighbourhood team who can offer a holistic approach for more complex problems). Contact the surgery should you wish to access this service.

**AGE UK BOLTON – 01204 382411** (self-refer) – arrange clubs for activities and leisure, befriending service, exercise groups, offer advice on benefits, day centres (via social worker), nutrition and hydration, home care.

**STAYING WELL** (refer via Social Prescribing Link Worker). They can visit you at home and offer support in diet, nutrition, housing advice, avoiding social isolation, carer support, hobbies, getting out and about.

**INDEPENDENT LIVING SERVICE – 01204 337020** (self-refer) – promote independence of patients who are disabled and having impaired senses. Can provide bed rails, chair raisers, help to hear door bells, smoke alarms. They provide advice on safety in the house, eating/drinking, managing meals, washing/dressing, shipping and taking medication. If you require a wet room or stair lift they can also offer advice.

**EARLY INTERVENTION TEAM - 01204 337860** (self-refer) – offer guidance and support to remain independent including home care support, social needs, links to community groups.

**CARE AND REPAIR - 01204 328178** (self-refer) – assist with home improvements and repairs, housing information and advice, handyperson, fire safety, financial advice, adaptations for the disabled, help to prevent burglary, warmth/energy advice, list of contractors. Some services must be paid for. Any person 65+ can access this service – not limited to Bolton at Home tenants.

**TELECARE - 01204 337815** (self-refer) – loan equipment such as bed sensors, falls pendants, medication reminders, chair sensors, door sensors. Some equipment may be charged for.

**BOLTON DEMENTIA SUPPORT – 01204 386696** (self-refer) – help and advice for anyone living with dementia.

**BOLTON CARERS SUPPORT – 01204 363056** (self-refer) – support for carers including finances, offer a sit in service.

**COMMUNITY ASSET NAVIGATORS – 01204 546048** (self-refer) – offer advice on improving health and wellbeing, can offer advice on agencies to improve physical activity, prevent social isolation, improve emotional wellbeing, befriending service, social groups.

**SOCIAL SERVICES – 01204 337355** (self-refer) – help with attending a day centre, home care service, meals on wheels.