

What is the Frailty Team?

This leaflet explains the role of the Family Nursing & Home Care (FNHC) Frailty Team. We know that getting older can bring worries, but you are not alone. We aim to support you, build your confidence and help you stay independent, safe and well.

You can talk to us about what matters to you, especially challenges related to aging and your daily abilities. We are here to provide you with the necessary support and guidance.

The Frailty Team comprises of

- **Advanced Clinical Practitioners**
- **Falls & Frailty Practitioner**
- **Clinical Nurse Specialist - Older Adult Mental Health**

We are trained to assess risk, diagnose problems and provide treatment. We will work with you to create a personalised care plan that will meet your needs.

Please note that if we recommend you see your GP, the normal GP charges would apply.

What is the benefit to me?

As we age our bodies can become more vulnerable. A simple illness, short hospital stay or fall may take longer to recover from. Our goal is to help you maintain your quality of life and independence, accessing the right care that is right for you now and in the future.

What should I expect?

Here is what you can expect from our assessment:

Comprehensive Assessment:

We will assess your physical health, risk of falling, daily routine, wellbeing and medications. We will also talk through any concerns you might have. We may carry out this assessment over several sessions.

Tailored Intervention:

Based on the assessment, we will create a care plan just for you. This may include:

- safety advice
- adjustments to make daily tasks easier
- referrals to other services or social groups if you wish

Education:

We will give you clear and useful information to keep you independent.

Ongoing Support:

We will support you during your time with our service, working towards your personal goals together. If your needs change, we will adjust your plan. Before discharging you from our service, we will ensure that you are confident and know who to contact if things change.



Your consent and participation is essential for the best results. Your feedback helps us tailor our approach to your needs.

What's next?

If you have any questions please contact us Mon-Fri 8am to 5pm.

If we cannot answer right away please leave a message.

FNHC Hub: 01534 497603
Email: enquiries@fnhc.org.je

We look forward to working with you to improve your health and independence.

We are not an emergency service - if you have concerns about anyone who is in distress call **999** or **Out of Hours GP**.

About Us

Family Nursing & Home Care is a Jersey based charity.

We raise money through donations, fundraising and legacies, and are contracted by the Government of Jersey to provide services.

Our ethos is to help islanders start well, live well and age well.

The service provided by the Frailty Team is currently funded through charitable income.

Family Nursing & Home Care

Le Bas Centre,
St Saviour's Road,
St Helier, JE2 4RP
Tel: (01534) 497600
www.fnhc.org.je

Ambulance Service

(in case of emergency)
Call 999

Out of Hours GP

01534 445445



Family Nursing & Home Care

Start Well, Live Well, Age Well

Frailty Team: Our Service