



Frailty

What to expect

Your GP will discuss what support is available to you.

Your GP will help you explore your future care to enable you to live the best life you can.

During a frailty consultation your GP will discuss the following things with you:

- Community support available to you.
- Medication management, ensuring you are on the correct medication.
- Management at home, discussions around support if needed.
- Falls, Community Therapy and Physio referrals.
- Personalised Future care plans such as a
 - DNAR and an EHCP (see Your Life Your Choice leaflet for more information).

If you would like more information, please contact the reception team on **01845 523157** to make an appointment with a GP.

Prior to the appointment you may wish to discuss this with a family member and are welcome for them to accompany you to your appointment if required.

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