









# Healthy Ageing and Living Well after hospital attendance

If you notice a change in your own abilities or someone else's, then these resources may be useful to you.



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## If you experience:

- falls
- incontinence (loss of control of your bladder or bowels)
- memory loss/confusion/change in behaviour
- loss of mobility or getting weaker

These could be signs of a condition called **FRAILITY** and this is not a normal part of ageing. If you have noticed any of these changes, speak to your GP or healthcare professional.

## Falls Prevention

Falls often have more than one cause, so it is important to raise this with your GP or other health care professional. Age UK's Staying Steady guide provides further information.

See **AgeUK Staying Steady Guide** for more information on how to help.

🖱 [www.ageuk.org.uk](http://www.ageuk.org.uk)

## Continence Management

If you experience urine or faecal leaking due to a sudden urge or stress, e.g. sneezing or vaginal heaviness, speak to your GP.

Please contact **111 IMMEDIATELY** for advice if you cannot:

- Feel when you need to pass urine or open bowels
- Pass urine or faeces
- or you are not aware leaking has occurred

## General Information

### Red Cross Oxfordshire

Access to wheelchair and equipment hire  
e.g. zimmer frames, commodes.

 **0344 871 1111**

 **[www.redcross.org.uk](http://www.redcross.org.uk)**

### Adult Social Care

Access to social workers and occupational therapists who can support with assessment of care needs, home adaptations, pendant alarms, and blue badges.

Opening hours: 8.30am–5pm Monday to Thursday  
8.30am–4pm Friday

Closed weekends and bank holidays

 **0345 050 7666**

 **[www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk)**

### Live Well Oxfordshire

Information resource including details of care companies, care homes, and access to community services.

 **[livewell.oxfordshire.gov.uk](http://livewell.oxfordshire.gov.uk)**

### Connect Health

Self-referral to outpatient musculoskeletal NHS  
Physiotherapy service.

 **01865 634336**

 **[www.connecthealth.co.uk](http://www.connecthealth.co.uk)**

## Single Point of Access

Access to NHS Physiotherapy or Occupational Therapy assessments, rehabilitation, and equipment at home.

Opening hours: 8am–8pm, seven days a week

☎ **01865 903750**

## Age UK Oxfordshire

**Age UK Oxfordshire** is a local charity which supports older people to access a range of resources including:

- Help with shopping, cleaning, laundry, and transport (*fees apply*)
- Befriending and social activities/groups
- Assistance with claiming benefits and financial support
- Exercise classes, falls prevention, and healthy living tips
- Pendant alarms

☎ **0345 450 1276**

✉ **[contactus@ageukoxfordshire.org.uk](mailto:contactus@ageukoxfordshire.org.uk)**

🖱 **[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)**



## Healthy Eating and Nutrition

It is important to have a healthy and varied diet.  
For more information see the box below:

### The British Dietetics Association

🔗 [www.bda.uk.com/resource/eating-drinking-ageing-well.html](http://www.bda.uk.com/resource/eating-drinking-ageing-well.html)

## Exercise and Physical Activity

An illness can result in muscle weakness and inactivity. Exercises will help with your recovery and maintaining your independence.  
Before starting any exercise programme,  
**please consult your Doctor or Physiotherapist.**

### NHS Exercise information

🔗 [www.nhs.uk/live-well/exercise](http://www.nhs.uk/live-well/exercise)

### Active Oxfordshire

Contact to gain support in accessing physical activity programmes.

🔗 [www.activeoxfordshire.org](http://www.activeoxfordshire.org)

### Physical Activity: Strength and Balance

AgeUK provide a range of local group exercise classes and online classes (*fees apply*).

☎ **01235 849403**

✉ [active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)

🔗 [www.ageuk.org.uk/oxfordshire/our-services](http://www.ageuk.org.uk/oxfordshire/our-services)

## Carers' Wellbeing

If you are a carer, ensure you are registered with your GP so they can support you in your role.

### Carers Oxfordshire

☎ **01235 424715**

🖱 **[www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)**



## Brain Health and Emotional Wellbeing

### Cruse

Bereavement support.

☎ **0808 808 1677**

🖱 **[www.cruse.org.uk](http://www.cruse.org.uk)**



### Mind

Mental health charity.

☎ **01865 247788**

🖱 **[www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk)**

### Silver Line

If you are feeling lonely and want someone to talk to, please contact:

☎ **0800 470 8090 (24 hour support)**

🖱 **[www.thesilverline.org.uk](http://www.thesilverline.org.uk)**

# Cognition

If you notice that someone has a change in their cognition (thinking) due to dementia or new confusion, please see below:

## Dementia Oxfordshire

☎ **01865 410210**

🖱 **[www.dementiaoxfordshire.org.uk](http://www.dementiaoxfordshire.org.uk)**



## Delirium

🖱 **[www.ouh.nhs.uk/patient-guide/leaflets](http://www.ouh.nhs.uk/patient-guide/leaflets)**

Please search for the keyword ***“Delirium”*** in the search bar.

## Lasting Power of Attorney (LPA)

For further information about how to make a lasting power of attorney for either health and wellbeing or finances, please see the link below:

🖱 **[www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney)**

## Notes:

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A digital version of the ***Healthy Ageing and Living Well after Hospital Attendance*** poster can be found on the Ambulatory Assessment Unit website:

**[www.ouh.nhs.uk/services/departments/acute-emergency/agm/aau](http://www.ouh.nhs.uk/services/departments/acute-emergency/agm/aau)**

Or by scanning the QR code with your mobile phone camera here:

