



## MY LIFE MY CARE – Information and advice about care and support for adults in Dorset.

Do you need help finding help? Do you need support at home? Want to get out and meet people?

In Dorset, there are three councils responsible for providing adult social care and support services: Bournemouth Borough Council, Dorset County Council and the Borough of Poole. The website has brought together advice and information about social care services into one website that serves all the people of Dorset.

### Find out about....

**Eating for good health** - Food shopping, Meal delivery & lunch clubs, Managing your weight, Eating & dementia.

**Memory loss and dementia** - Staying independent, Things to do, Help for carers, Financial and Legal.

**Long Term Health Conditions** – Support groups, Equipment, Employment support, Memory loss and dementia.

**Staying active** – Community activities, Art groups, Music workshops, Swimming, Day opportunities & activities.

**Financial and legal** – Paying for care at home, Welfare benefits, Financial planning, Debt advice.

**Information and advice for carers** - Your health, Taking a break, Caring and Working, Young carers.

Visit [www.mylifemycare.com](http://www.mylifemycare.com) – a directory of local services at your fingertips!

No internet access? Call 01305 221016

### Self Treatment of Common Illnesses

Some research suggests 40% of patients don't need to be seen by a GP in the first instance. Many common aches and pains can be treated at home without the need to consult your doctor. You can get advice by calling NHS 111 or via the website [www.nhs.uk](http://www.nhs.uk).

Your local pharmacist can also advise you on minor ailments, such as coughs, colds, skin irritation, thrush or fungal infection.

Ask yourself - do I really need to see my GP, or can I help myself?

### PRESTON SURGERY EASTER BANK HOLIDAY

Good Friday - 14th April - CLOSED  
Easter Monday - 17th April - CLOSED

### Pharmacy Bank Holiday Hours

Morrisons - Good Friday  
Open 9-5pm  
Morrisons - Easter Monday  
Open 9-5pm

### Urgent Care Centre - WCH

Open 8am to 8pm  
Call 111 for urgent  
medical advice



### What is Frailty?

You may have been told that you have the condition GPs refer to as Frailty. Many people associate the word 'frailty' with being small or weak, but when your GP talks to you about frailty they mean a condition that affects your health in the same way that other conditions such as asthma, or arthritis might affect your health.

Frailty is a condition that is characterised by the loss of physical and/or cognitive inbuilt reserves. Inbuilt reserves are our body's natural ability to recover from illness or injury. If we start losing these reserves with increasing age or due to a long term progressive illness, we can be at risk of changes to our health after an infection or fall.

Some indicators of frailty are:-

- Unintentional weight loss
- Fatigue without reason
- Muscle bulk loss or weakness
- Slow to stand and walk
- A decline in activity
- A decline in memory

Frailty is a changing condition and in the earlier stages can be reversible; this is why we take time to make the diagnosis so that we can target healthcare interventions that can reverse any deterioration. Many of these early interventions can be self-directed and include keeping yourself healthy by eating and drinking well and maintaining some activity or exercise. As your needs increase, interventions such as physiotherapy, occupational therapy can be important to prevent further deterioration.

### Appointments

Our receptionists are trained to ask you for further details when dealing with your enquiry or booking appointments. Please be prepared to provide further information when asked to enable us to provide the best care for you.

All our patients have a named GP. When your GP is not available we would encourage you where possible to book an appointment for their return to ensure continuity of care

**CALL 111**  
**When you need urgent medical advice but its not a 999 emergency**

**Exercise series**  
**5 on next page**



We now come to the last set of exercises that we have been publishing over the last few newsletters - **Balance**.

The previous sets of exercises in this series: **Sitting, Flexibility, Strength and Balance**, can be found at [www.nhs.uk/exercises-for-older-people](http://www.nhs.uk/exercises-for-older-people) which you can download or alternatively **ask at reception to pick up a copy of the full exercises**.

We hope you have enjoyed trying out these exercises, and hope you will continue to do them. As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. Visit [www.ageuk.org.uk](http://www.ageuk.org.uk) for further information.

If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting any exercise regime.



### SIMPLE GRAPEVINE

- Start by crossing your right foot over your left.
- Bring your left foot to join it.

Attempt five cross steps on each side.

If necessary, put your fingers against a wall for stability.

The smaller the step the more you work your balance



### ONE LEG STAND

- Start by standing facing the wall, with arms outstretched and your fingertips touching the wall.
- Lift your left leg, keeping your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.

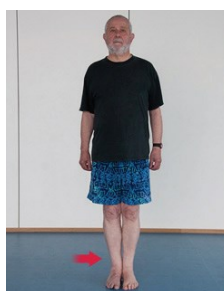
Hold the lift for five to ten seconds and perform three on each side.



### STEP UP - Use a step, preferably with a railing or near a wall to use as support.

- Step up with your right leg.
- Bring your left leg up to join it.
- Step down again and return to the start.

The key for building balance is to step up and down slowly and in a controlled manner. Perform up to five steps with each leg.



### SIDEWAYS WALKING

- Stand with your feet together, knees slightly bent.
- Step sideways in a slow and controlled manner, moving one foot to the side first.
- Move the other foot to join it.

Avoid dropping your hips as you step. Perform 10 steps each way.