**Care Home Information Pack: Managing Deterioration**

*Preventing, Recognising, and Responding to Deterioration in Care Settings*

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**Frailty**

Frailty is a common condition in older adults that increases the risk of falls, disability, and hospital admissions. It's important to identify frailty early and take steps to manage it.  
**Alt Text for Graphic:** Image of the Clinical Frailty Scale, showing different stages from "Very Fit" (1) to "Terminally Ill" (9), with descriptions of how each stage impacts daily activities and health.

For detailed guidance, see the [Clinical Frailty Scale resource](https://reactto.co.uk/react-to-frailty).

**Falls Prevention**

Falls are a major risk for older adults in care homes. Preventing falls involves regular physical activity, ensuring proper footwear, and addressing vision or hearing issues.  
**Alt Text for Chart:** Diagram listing risk factors for falls, including loose clothing, muscle weakness, medication side effects, poor lighting, and slippery surfaces.

For falls prevention training, visit the [React to Falls website](https://reactto.co.uk/react-to-falls).

**Nutrition and Hydration**

Ensuring proper nutrition and hydration is essential to maintain residents' health. Regularly check for signs of malnutrition and dehydration, such as weight loss or dry mouth.  
**Alt Text for Infographic:** A balanced plate showing portions of fruits, vegetables, proteins, and grains, with tips for meal planning and hydration goals.

Visit the [Eatwell Guide](https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/) for more information.

**Recognising Deterioration**

Be aware of "soft signs" that may indicate a resident is becoming unwell, such as changes in mood, appetite, or energy levels. These signs can help you act before the situation worsens.  
**Alt Text for Flowchart:** A step-by-step guide on how to respond when a resident shows signs of deterioration, including monitoring and escalation procedures.

For more details, use tools like RESTORE2 to track these signs.

**Palliative Care**

Supporting residents at the end of life includes discussing their care preferences and using the ReSPECT plan to document emergency care wishes.  
**Alt Text for Diagram:** Flowchart of ReSPECT process, showing how care preferences are documented and shared with healthcare providers.

Visit [Marie Curie Palliative Care Resources](https://www.mariecurie.org.uk/professionals/palliative-care-knowledge-zone) for further information.