north simcoe family health team

Community Seniors Care Program Referral Form

Client Information:

Date of Referral:
Family Physician:
Referred by:
Client aware of referral ☐ Yes ☐ No
Caregiver Name/Relation:
Caregiver Phone Number:
Best Person to contact:

PROGRAM REFERRAL CRITERIA:

☐ Age 65 or older **OR** ☐ Age 55-64 and experiencing geriatric syndrome

AND

☐ Frailty score 4-6 (CSHA Frailty Score, refer to page 2)

Plus two or more of the following:

☐ Recent onset of functional, physical or cognitive decline
☐ Major changes in caregiver support required/caregiver stress
☐ Polypharmacy
☐ Recent fall/fear of falls
☐ Two or more emergency department visits within the last 3 months
☐ Unintentional weight loss

Geriatric Syndrome can include any combination of the following:
-Incontinence
-Sleep problems
-Dementia
-Falls
-Weight Loss
-Malnourishment
-Depression
-Pain

REASON FOR REFERRAL/BRIEF HISTORY OF CONCERNS:

REFERRING SOURCE: PLEASE IDENTIFY YOUR PRIMARY GOAL(S) FOR THIS REFERRAL:

Please include most recent lab results:

CBC, Electrolytes, Vitamin B12, Ferritin, TSH, A1C, Cr (eGFR), Liver Panel, Lipids, Extended Electrolytes
Drug levels (if applicable) – Digoxin, Lithium, Anticonvulsants

Please include a list of current medications with referral

INTERNAL REFERRALS: PLEASE SEND COMPLETED REFERRALS AS A TASK TO THE CSCP TEAM
EXTERNAL REFERRALS: PLEASE FAX COMPLETED REFERRALS TO (705) 526-1205

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Clinical Frailty Scale*

1 **Very Fit** – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.

2 **Well** – People who have **no active disease symptoms** but are less fit than category 1. Often, they exercise or are very **active occasionally**, e.g. seasonally.

3 **Managing Well** – People whose **medical problems are well controlled,** but are **not regularly active** beyond routine walking.

4 **Vulnerable** – While **not dependent** on others for daily help, often **symptoms limit activities.** A common complaint is being "slowed up", and/or being tired during the day.

5 **Mildly Frail** – These people often have **more evident slowing,** and need help in **high order IADLs** (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.

6 **Moderately Frail** – People need help with **all outside activities** and with **keeping house**. Inside, they often have problems with stairs and need **help with bathing** and might need minimal assistance (cuing, standby) with dressing.

7 **Severely Frail** – **Completely dependent for personal care**, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).

8 **Very Severely Frail** – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.

9. **Terminally Ill** - Approaching the end of life. This category applies to people with **a life expectancy <6 months**, who are **not otherwise evidently frail.**

Scoring frailty in people with dementia

The degree of frailty corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.

In **severe dementia**, they cannot do personal care without help.

* 1. Canadian Study on Health & Aging, Revised 2008.
2. K. Rockwood et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489-495.

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