

Integrated Community Ageing Team (ICAT)

Patient information factsheet

Overview

- You were visited by the Integrated Community Ageing Team (ICAT).
- This is because your GP or another professional referred you or thought you could benefit from a review of all aspects of your health.
- This is a short-intervention and if ongoing support is required, ICAT refer on to other teams.

Who are we?

- ICAT specialise in the assessment and management of older people, particularly those with frailty.
- Frailty describes how our bodies might be more vulnerable due to the ageing process, often characterised by issues such as decrease muscle strength and fatigue.
- Our team includes:
 - Consultant Geriatricians and doctors
 - Nurses
 - Pharmacists and pharmacy technician
 - Occupational Therapist
 - Physiotherapists
 - Therapy Technician
 - Age UK Community Navigator
 - Social Worker
 - Patient pathway Coordinator.

Some of the reasons you may have been referred for

- Difficulty moving around
- A recent fall or recurrent falls
- Difficulties with activities such as washing and meal preparation
- Difficulties with memory

- Difficulty managing medicines
- A recent hospital admission
- Problems with the bladder or bowel
- Loneliness or isolation.

What we review

- Long term conditions such as diabetes, heart problems and breathing problems
- Medications
- Memory and mood
- Falls assessment
- Walking and balance
- Activities of daily living
- Support and social networks
- Home environment and access to resources
- Future care discussions.

Where do we do this?

- Wherever possible, we will visit you in your own home at a time convenient to you.
- Sometimes we may recommend that you are seen in our clinic at Whittington Hospital.
- Our assessments usually take place over a few weeks to create a care plan you are happy with.
- This plan will be carried forward by your GP and any other appropriate professionals.

Contact our service

If you need to speak to a member of the ICAT team, please contact us

Monday to Friday, from 8am to 4pm.

Tel. **020 7288 5326** or **020 3316 8795**.

If you are acutely unwell, please contact your GP, or call 111 if your surgery is closed.

Whittington Health NHS Trust and ICAT take diversity, equality and inclusion seriously, and we ask that those receiving our care respect this. Staff are encouraged to report any behaviour not aligned to these values or that is abusive, and appropriate action will be taken.

Your care plan

You were seen by



Open the camera app on your device and point at the QR code.

Click on the pop-up link and complete the questionnaire.

RATE YOUR EXPERIENCE



Contact our Trust

If you have a compliment, complaint or concern, please contact our Patient Advice and Liaison Service (PALS) on **020 7288 5551** or whh-tr.PALS@nhs.net.

If you need a large print, audio or translated copy of this leaflet, please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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