



Integrated Community Ageing Team (ICAT)

A patient's guide



You were seen by:

Name:

Profession:

Date:

Name:

Profession:

Date:

Name:

Profession:

Date:

Integrated Community Ageing Team
(ICAT)
Care of Older People
Whittington Hospital
The Jenner Building
Magdala Avenue
London
N19 5NF

Tel: 020 7288 5326

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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You were visited by the Integrated Community Ageing Team (ICAT). This is because your GP or another health professional referred you for a holistic review of all aspects of your health.

Who are we?

ICAT specialise in the assessment and management of older people.

Our team includes:

- Consultant Geriatricians
- GP with Special Interest in Older Adults
- Patient Pathway Coordinator
- Nurses
- Pharmacists
- Occupational Therapist
- Physiotherapist

Some of the reasons ICAT may have been asked to visit you include:

- Difficulty moving around
- A recent fall or recurrent falls
- Difficulties with activities of daily living such as washing, dressing and meal preparation
- Difficulties with memory
- Difficulty managing medicines
- Taking more than four medications
- Loneliness or isolation
- Multiple long-term health conditions
- A recent hospital admission
- Problems with the bladder or bowel

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

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. This can be at either Whittington Hospital or University College London Hospital (UCLH).

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.

If you need to speak to a member of the team, please contact the office
Monday - Friday 8:00am -4:00pm on:

020 7288 5326