

## If you have a query

If you or your loved ones have any questions you would like to ask at your appointment, please feel free to use the space provided in the leaflet to make a note of these.

For any pre-appointment queries please contact OPAS reception on 01603 288181, Mon-Fri 09:00-16:00.

If you would like this leaflet in large print, audio, Braille or in a different language please contact 01603 289686, Mon-Fri 09:00-16:00 and we will do our best to help.



Norfolk and Norwich University Hospitals   
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**Our Vision**  
To provide every patient  
with the care we want  
for those we love the most

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## Older People's Assessment Service (OPAS)



**Location: East Outpatients Level 3**

## What do we do?

Our Older People's Assessment Service (OPAS) is a dedicated service for people aged 70+, helping with issues that may be affecting your health and independence.

## How we can help

Our team includes Specialist Doctors, Nurses and Therapists. The support you receive will depend on your individual needs, for example:

- Our Consultant or Specialist Nurse may perform a full Medical and Nursing assessment.
- Our Physiotherapist may provide advice and exercises, for example to improve your walking and movement.
- Our Occupational Therapists may assess how you're doing with day to day activities and establish whether there is a need for equipment or other support to maintain your safe independence.

**Please allow approximately 2 hours  
for your appointment.**

## Things to remember?

- Please bring a list of your current medication (drugs) with you.
- If you wear glasses or hearing aids, please also ensure you bring these with you.
- Please consider using a wheelchair if you have difficulty walking long distances.
- If you use walking aids, such as a stick or frame, please bring these with you.

## Questions

*Please use this space to write down any questions you would like to ask at your appointment.*