

# FRAILTY:

How do we find people at risk of becoming mildly or moderately frail and what interventions, services or pathways need to be in place to manage someone's physical or mental deterioration appropriately, at home or in the community?



west midlands  
ACADEMIC HEALTH SCIENCE NETWORK

Delaying and managing the onset  
of frailty



## Why are we here?



[https://www.youtube.com/watch?v=Fj\\_9HG\\_TWEM](https://www.youtube.com/watch?v=Fj_9HG_TWEM)

We are here for people like June and Arthur

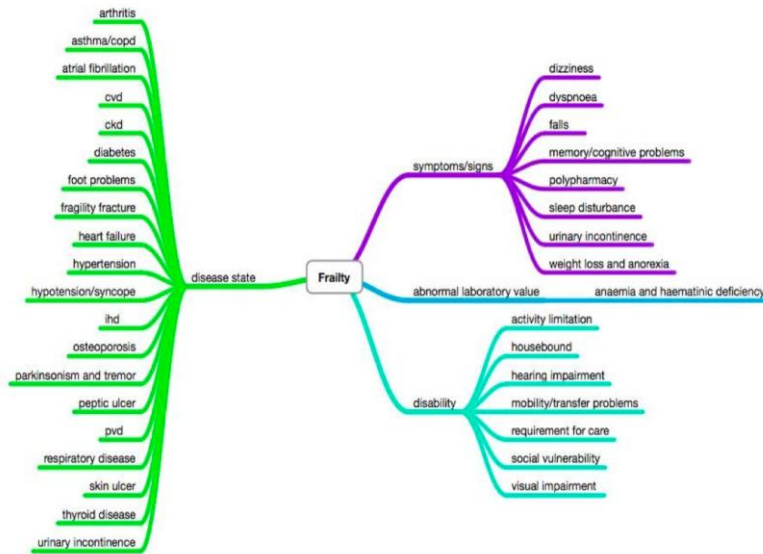


## What are we trying to achieve?

How do we find people at risk of becoming mildly or moderately frail?

What interventions, services or pathways need to be in place to manage someone's physical or mental deterioration appropriately at home or in the community?

It's complex!



Strengths



What are the best parts of how we identify and manage frailty at the moment?

For the next 20 minutes please discuss all of the things that could either identify people at risk of becoming frail or supporting them to manage their frailty more proactively



*“The significance is hiding in the insignificant – appreciate everything”*

Eckhart Tolle



## Opportunities



What are the opportunities for building on these strengths?

For the next 20 minutes please discuss the above



## Aspirations



In 2 years time we run this workshop on frailty again what would be different?

For the next 20 minutes please discuss the above



## Resources/Results



- What resources do you need to meet the aspirations and opportunities?
- How will we know when we get there?
- What will it look like?

For the next 20 minutes please discuss the above



*“Follow effective action with quiet reflection. From the quiet reflection will come even more effective action.”*

Peter Drucker



## Feedback session

**What one thing will you do following this workshop?**



Thank you for your contributions  
and attendance today to help  
shape a better future



STRENGTHS >	OPPORTUNITIES >
ASPIRATIONS >	RESOURCES/RESULTS >