

Alexandria & Dumbarton Local Engagement Network**Open Forum Workshop: Frailty****3rd March 2016 at the Vale Centre for Health & Care**

The workshop began with a presentation by Mary Angela McKenna, Service Manager with the Health & Social Care Partnership's Community Older People's Team.

There then followed a workshop discussion which highlighted the following:

- Emphasis on the technical definition – what does it mean to the person on the street?
- Query if social workers already use 'frailty' tools as a guide.
- Problems of perceptions within the individual.
- Criteria for assessment - is it universal across services?
- Referrals or self referrals – how is information shared?
- Self assessment scales – 5 point, 7 point and 10 points available
- Needs to be easy to use and widely available.
- Best if any tool also linked closely to services (potential to sit alongside Linkup to ensure connectedness).
- Link Up needs better promotion
- Importance of community activity – strong linkage with the dementia friendly communities work model.
- Use of self management language is important to ensure that different health messages compliment and don't confuse.
- Prevention is better than cure.
- Focus on personal responsibility – stop "tripping" into dependency.
- Need to work with people where they are at.
- Case finding is important to maintain and develop and in order to identify potential health issues.

- Increased awareness of available resources needed.
- Anticipatory Care Planning work welcomed – needs to be further developed and rolled out.
- Multi-morbidity affects younger adults – not just older people – how do we make services suitable for all?

Main Feedback

Generally participants agreed that there should be a preventative approach to frailty, with higher levels of anticipatory care planning and case finding to reduce avoidable hospital admissions.

The focus should be on:

- Enabling people and not creating dependency.
- Ensuring that information on community based resources should be more widely available and advertised.
- Providing ready access to self management information and person-centred support where appropriate.