





### Frailty Education and Awareness: Tier 1 Resources

The resources below have been reviewed as being aligned to Tier 1 Skills for Health Frailty competency framework and aim to complement the Wessex AHSN online training. These resources are a companion to the Tier 2a E-learning training on e-LfH

Name of resource	Type of resource	Brief summary of resource	Developed by	Online link
<b>Information resources for patients, carers and relatives</b>				
Maximising independence: a guide to managing frailty	28-page booklet	The aim of this booklet is to educate patients, carers and relatives about frailty. This includes: <ul style="list-style-type: none"> <li>— What frailty means</li> <li>— How it might affect people day-to-day</li> <li>— Things to look out for</li> <li>— Tips on how to maximise independence and quality of life</li> </ul>	Bristol Community Health	 20190903 frailtyLeafletPrint final.
Care and support statutory guidance	Government guidance	Guidance on available care and support	Department of Health and social care	<a href="https://www.gov.uk/government/publications/care-act-statutory-guidance/care-and-support-statutory-guidance">https://www.gov.uk/government/publications/care-act-statutory-guidance/care-and-support-statutory-guidance</a>
Frailty	Leaflet	Frailty – information for patients, carers and families.	Dorset Healthcare	 NQ-F1-16_Information_on_Frailty_for_patier
Supporting unpaid carers	Online training	Care matters: a resource to support unpaid carers.	E-learning for health	<a href="https://www.e-lfh.org.uk/programmes/supporting-unpaid-carers/">https://www.e-lfh.org.uk/programmes/supporting-unpaid-carers/</a>
What does it mean to be a carer?	Online training		Frimley ICS	<a href="http://app.frimleypark.nhs.uk/PGEC/frailty/e-learning/person-centred_approaches/story_html5.html">http://app.frimleypark.nhs.uk/PGEC/frailty/e-learning/person-centred_approaches/story_html5.html</a>


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Luton Healthy Ageing Falls Prevention	Online training resource  Printable resource pack	The toolkit empowers and enables older people to make more informed choices about their own health outcomes, by signposting and practical interventions.	Luton Healthy Ageing Programme	 Luton Healthy Ageing Falls Prevention Book!
Impact of environment on frailty	Links and downloadable documents	A range of supportive material to use with individuals, carers and families.	NHS England	<a href="https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/living-with-frailty/">https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/living-with-frailty/</a>
Lifestyle choices and social isolations and links with increased risk of frailty	Links and downloadable documents	A range of supportive material to use with individuals, carers and families.	NHS England	<a href="https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/preventing-frailty/">https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/preventing-frailty/</a>
Frailty and multimorbidity	Article with links		Patient UK	<a href="https://patient.info/senior-health/ageing/frailty-and-multimorbidity">https://patient.info/senior-health/ageing/frailty-and-multimorbidity</a>
Supporting healthy ageing	Downloadable resources	Supporting emotional and physical wellbeing	Royal College of Nursing	<a href="https://www.rcn.org.uk/clinical-topics/older-people/supporting-healthy-ageing">https://www.rcn.org.uk/clinical-topics/older-people/supporting-healthy-ageing</a>

Name of resource	Type of resource	Brief description of resource	Developed by	Online link
Keeping your independence	Reference document (3 pages)	Information to provide to the public to promote independence.	Public Health England  Age UK	<a href="https://www.nhs.uk/NHSEngland/keogh-review/Documents/Frailty.pdf">https://www.nhs.uk/NHSEngland/keogh-review/Documents/Frailty.pdf</a>
Frailty Focus	Online video	Online resources in frailty targeting different health care professionals, the general public, carers, and volunteers. A patient leaflet has also been developed.	Southern Health	<a href="http://www.frailtyfocus.nhs.uk/">http://www.frailtyfocus.nhs.uk/</a>
Frailty Focus	Frailty Focus Campaign Materials	Campaign materials – please acknowledge Southern Health if utilised.	Southern Health	 Frailty Focus Campaign Pack.zip
<b>E-Learning education modules – Primary Care</b>				
Education Module	Online training for GPs	Short video clips describing multidisciplinary approach and care planning.	Camden CCG	<a href="https://gps.camdenccg.nhs.uk/education-module-frailty">https://gps.camdenccg.nhs.uk/education-module-frailty</a>
Top tips – frailty in older people	Online resource	Online resource for identifying and managing frailty in primary care settings.	Dr Sunil Angris GPwSI, Frailty and integrated care	<a href="https://www.guidelinesinpractice.co.uk/care-of-the-elderly/top-tips-frailty-in-older-people/454045.article">https://www.guidelinesinpractice.co.uk/care-of-the-elderly/top-tips-frailty-in-older-people/454045.article</a>
Supporting people to live longer in the community	Resource toolkit including videos	Links to Scottish frailty education materials.	Healthcare Improvement Scotland	<a href="https://ihub.scot/improvement-programmes/living-well-in-communities/people-with-frailty/">https://ihub.scot/improvement-programmes/living-well-in-communities/people-with-frailty/</a>
<b>E-Learning education modules – Acute hospital setting</b>				
Tier 1 training	Online training materials	Requirement to register online to access. Access via Moodle platform.	Frimley ICS	<a href="http://app.frimleypark.nhs.uk/PGEC/frailty/">http://app.frimleypark.nhs.uk/PGEC/frailty/</a>

Name of resource	Type of resource	Brief description of resource	Developed by	Online link
NHS Elect Acute Frailty Network	Online resources	Membership access only – materials include frailty awareness content training	NHS Elect Acute Frailty Network	<a href="https://www.acutefrailtynetwork.org.uk/cms_content.aspx?ContentID=287&amp;thankyou=true">https://www.acutefrailtynetwork.org.uk/cms_content.aspx?ContentID=287&amp;thankyou=true</a> <u>Access by membership only</u>
Wessex Tier 1 Frailty Education E-learning	Online e-learning module	Developed by Dorset Healthcare University Foundation Trust in collaboration with the Wessex Academic Health Science Network Healthy Ageing Acute Expert Group	Wessex Academic Health Science Network	[to be launched 2020]
<b>Best Practice Guides</b>				
Improving care and support for people living with frailty	Online resources	Improving care and support for people living with frailty – how NICE resources can support local priorities.	National Institute of Clinical Excellence	<a href="https://stpsupport.nice.org.uk/frailty/index.html">https://stpsupport.nice.org.uk/frailty/index.html</a>
Frailty in older people	Online resources	Advice and resources on identifying frailty in older patients and choosing the right interventions to help manage their condition.	Royal College of Nursing	<a href="https://www.rcn.org.uk/clinical-topics/older-people/frailty">https://www.rcn.org.uk/clinical-topics/older-people/frailty</a> -
<b>Additional resources</b>				
Tier 1 Skills for health for frailty competency framework	Framework	Tier 1 competency framework for health, social care staff, volunteers and those who regularly work with people living with frailty but who would seek support from others for complex management or decision-making.	Southern Health	<a href="https://wessexahsn.org.uk/img/projects/Tier%201%20Frailty%20Comps%202019.pdf">https://wessexahsn.org.uk/img/projects/Tier%201%20Frailty%20Comps%202019.pdf</a>

<b>Name of resource</b>	<b>Type of resource</b>	<b>Brief description of resource</b>	<b>Developed by</b>	<b>Online link</b>
Wessex Community Frailty – Dr David Atwood	Online video clip (45 minutes)	A resource for GP and PCN colleagues developing the case for population health management for older people – it also provides a great framework for discussion for CCGs, social care and voluntary service in how joined up working can improve care and reduce demand.	Wessex Academic Health Science Network	<a href="https://wessexahsn.org.uk/videos/show/355">https://wessexahsn.org.uk/videos/show/355</a>
What does frailty mean to me?	Online video clip	Resources to promote the importance of understanding frailty in Wessex across different staff groups.	Wessex Academic Health Science Network	[to be published]
Communicating with people living with frailty	Downloadable leaflet	Downloadable resource for staff and carers.	Wessex Academic Health Science Network	<a href="https://wessexahsn.org.uk/img/projects/23%20-%20Communicating%20with%20people%20living%20with%20Frailty%20v3.pdf">https://wessexahsn.org.uk/img/projects/23%20-%20Communicating%20with%20people%20living%20with%20Frailty%20v3.pdf</a>
Frailty Screening	Online	Link to best practice approaches to frailty screening and the Wessex screening standards and resources.	Wessex Academic Health Science Network	<a href="https://wessexahsn.org.uk/projects/316/frailty-screening-and-identification">https://wessexahsn.org.uk/projects/316/frailty-screening-and-identification</a>
Frailty Screening – what do you need to know	Downloadable leaflet	Downloadable resource for managers, staff and carers.	Wessex Academic Health Science Network	<a href="https://wessexahsn.org.uk/img/projects/33%20-%20Frailty%20screening%20what%20do%20you%20need%20to%20know%20v3.pdf">https://wessexahsn.org.uk/img/projects/33%20-%20Frailty%20screening%20what%20do%20you%20need%20to%20know%20v3.pdf</a>
Holistic Approaches for assessing people living with frailty	Downloadable leaflet	Downloadable resource for managers, staff and carers.	Wessex Academic Health Science Network	<a href="https://wessexahsn.org.uk/img/projects/13%20-%20Holistic%20Approaches%20for%20assessing%20people%20living%20with%20Frailty%20v4.pdf">https://wessexahsn.org.uk/img/projects/13%20-%20Holistic%20Approaches%20for%20assessing%20people%20living%20with%20Frailty%20v4.pdf</a>

Name of resource	Type of resource	Brief description of resource	Developed by	Online link
Open Toolkit	Online resources	By using this toolkit in your area, you will be working towards best practice in undernutrition screening and providing good nutritional care across all settings, as outlined in the key national guidance (NICE) and standards which have been published since 2008 to present. The toolkit has been endorsed by the British Dietetic Association (BDA).	Wessex Academic Health Science Network	<a href="https://wessexahsn.org.uk/projects/313/open-toolkit">https://wessexahsn.org.uk/projects/313/open-toolkit</a>
Hydration at Home e-toolkit	E-learning	<p>This programme has been designed to increase your knowledge and confidence in assessing an older person's hydration needs and minimising their risk of poor hydration in a person-centred way.</p> <p>Aimed at any person working with older people in the community, including care home staff, home carers, family carers and volunteers, the e-learning builds on the information and skills you may have already learnt and implemented from the <a href="#">Care Certificate</a>.</p>	Wessex Academic Health Science Network	<a href="https://www.e-lfh.org.uk/programmes/hydration-in-older-people/">https://www.e-lfh.org.uk/programmes/hydration-in-older-people/</a>
Staying Hydrated as we get older	Downloadable leaflet	Downloadable leaflet for individuals, carers and families. Large print leaflet and poster also available.	Wessex Academic Health Science Network	<a href="https://wessexahsn.org.uk/img/projects/HydrationLeaflet-1582637476.pdf">https://wessexahsn.org.uk/img/projects/HydrationLeaflet-1582637476.pdf</a>
<b>Law, ethics and safeguarding</b>				
Law, ethics and safeguarding	Online training	Online module providing an overview of law, ethics and safeguarding. This should be used in conjunction with local policies and procedures.	Frimley ICS	<a href="http://app.frimleypark.nhs.uk/PGEC/frailty/e-learning/law_ethics_safeguarding_and_research/story_html5.html">http://app.frimleypark.nhs.uk/PGEC/frailty/e-learning/law_ethics_safeguarding_and_research/story_html5.html</a>

Research and Evidence Based Practice				
Research	Online training	Online module providing an overview of law, ethics and safeguarding. This should be used in conjunction with local policies and procedures.	Frimley ICS	<a href="http://app.frimleypark.nhs.uk/PGEC/frailty/e-learning/law_ethics_safeguarding_and_research/story_html5.html">http://app.frimleypark.nhs.uk/PGEC/frailty/e-learning/law_ethics_safeguarding_and_research/story_html5.html</a>
Definition document				
Wessex Acute Frailty Audit definition document	Definition document	Resource that can be used for training and education consolidation.	Wessex Academic Health Science Network	 Definitions.docx

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**Resources reviewed March 2020 by:**

Euan Sadler, Associate Clinical Professor of Older People and Frailty  
 School of Health Sciences, University of Southampton  
 & Southern Health NHS Foundation Trust

Dr Michele Board  
 Principal Academic Nursing Older People.  
 Programme Lead BA/MA Care of the Older Person  
 Faculty of Health and Social Sciences  
 University of Bournemouth

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