

Frailty Education and Awareness: Tier 2 Resources

The resources below have been reviewed as being aligned to Tier 2 Skills for Health Frailty Education and Awareness framework as a companion to Tier 2b learning and can also be used in conjunction with Tier 1 resources.

Name of resource	Type of resource	Brief summary of resource	Developed by	Online link
Best Practice Guides				
Fit for frailty	Downloadable good practice guides	Guidance on the recognition and management of older patients with frailty in community and outpatient settings. Called 'Fit for Frailty', it has been produced in association with the Royal College of General Practitioners (RCGP) and Age UK. The purpose of these guides is to advise about action which can be taken to prevent these adverse outcomes and help people live as well as possible with frailty.	British Geriatrics Society	https://www.bgs.org.uk/resources/resource-series/fit-for-frailty
Commissioning Services for people living with Frailty – Part 2	Downloadable document	This guide provides advice and guidance on the development, commissioning and management of services for people living with frailty, to complement the other guides in this series which deal with defining, recognising and managing frailty in community settings. It is aimed at GPs, geriatricians, health service managers, social service managers and commissioners of services. This guide is accompanied by the downloadable resource 'Fit for Frailty Part 2: Developing, commissioning and managing services for people living with frailty in community settings,' which has been developed in partnership with Royal College of General Practitioners and Age UK.	British Geriatrics Society	https://www.bgs.org.uk/resources/commissioning-services-for-frailty



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Specialised Clinical Commissioning Framework Resources	Reference document and weblinks	This Toolkit is for anyone involved in the design or delivery of specialised services, working with older people with frailty. You will find the guide useful if you are a clinician, manager, administrator, commissioner, information analyst or healthcare student.	Specialised Clinical Commissioning Framework	https://www.scfn.org.uk/resources
Improving care and support for people living with frailty – how NICE resources can support local priorities	Online resources	Links to NICE guidelines relating to multi-morbidity, social care for older people with multiple long term conditions. Links to a number of frailty related Quality Standards.	National Institute for Clinical Excellence	https://stpsupport.nice.org.uk/frailty/index.html
E-learning education modules				
British Geriatrics Society – Module 1 Frailty	Online module		British Geriatrics Society	https://360.articulate.com/review/content/b7ede181-ca1f-4746-a2f6-e48433ac3d77/review
Clinical Frailty Scoring Training Module	Online resources	Frailty awareness tools and case studies.	The Ottawa Hospital	https://rise.articulate.com/share/deb4rT02lvONbq4AfcMNRUudcd6QMts3#/lessons/IKtVuCGgcpI9zrcORiWu5HV9KcBAuhkr
Southern Health Fit for Frailty	Powerpoint presentation	Tier 2 related frailty materials mapped developed by Southern Health	Southern Health Foundation Trust	 Frailty Introduction care Planning V2.pdf
Assessment tools				
HoWCGA toolkit	Online document		British Geriatrics Society	https://www.bgs.org.uk/sites/default/files/content/resources/files/2018-09-12/HoWCGA_full%20kit.pdf
Dorset Frailty Toolkit	Framework	A model for the identification, assessment and care planning of frail patients (2017)	Dorset CCG	 Tool Kits JN20857.pdf
Frailty assessment toolkit	Online resources	Links to useful tests. Requirement to register to access site.	NHS England	https://www.frailtytoolkit.org/category/asess-tools/



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Information resources for patients, carers and relatives				
Frailty Focus	Online NHS resources	Useful set of frailty resources targeting different audiences (health care professionals, the general public, particularly in relation to frailty identification and management.	North Hampshire CCG	http://www.frailtyfocus.nhs.uk/
Additional resources				
MDTea Podcasts	Podcasts – 30 episodes	<u>MDTea</u> offers free education on ageing for the whole MDT. We produce fortnightly podcasts on common topics encountered in clinical practice, critically looking at what evidence bases exist, and which do not and applying practical solutions. The aim is to upskill a diverse workforce by discussing each topic from multi-disciplinary viewpoints, not just one profession. We work and learn in teams in real life to solve problems, so we aim to translate this to a shared format. 9 series available dating back to 2017.	British Geriatrics Society	https://www.bgs.org.uk/blog/mdtea-club-and-podcast-join-the-conversation http://thehearingaidpodcasts.org.uk/
Mrs Andrews' Story	Online animation	Mrs Andrews' Story – her failed care pathway.	Health Journal	https://www.youtube.com/watch?v=Fj_9HG_TWEM
Frailty	Online NHS resources	These resources are intended to help address the common 'frailty syndromes' of falls, immobility, delirium, incontinence and side effects of medication. Wide range of links to other validated frailty websites.	NHS England	https://www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/frailty-resources/
Tier 2 Skills for health for frailty competency framework	Framework	Tier 2 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 Foundation Trust	https://wessexahsn.org.uk/img/projects/Tier%20%20Frailty%20Comps%202019.pdf



Name of resource	Type of resource	Brief description of resource	Developed by	Online link
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	https://wessexahsn.org.uk/videos/show/355
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	https://wessexahsn.org.uk/img/projects/23%20-%20Communicating%20with%20people%20living%20with%20Frailty%20v3.pdf
Frailty Screening	Online	Link to best practice approaches to frailty screening and the Wessex screening standards and resources.	Wessex Academic Health Science Network	https://wessexahsn.org.uk/projects/316/frailty-screening-and-identification
Frailty Screening – what do you need to know	Downloadable leaflet	Downloadable resource for managers, staff and carers.	Wessex Academic Health Science Network	https://wessexahsn.org.uk/img/projects/33%20-%20Frailty%20screening%20what%20do%20you%20need%20to%20know%20v3.pdf
Holistic Approaches for assessing people living with frailty	Downloadable leaflet	Downloadable resource for managers, staff and carers.	Wessex Academic Health Science Network	https://wessexahsn.org.uk/projects/316/frailty-screening-and-identification
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	https://wessexahsn.org.uk/projects/313/open-toolkit



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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	https://wessexahsn.org.uk/img/projects/HydrationLeaflet-1582637476.pdf
Hydration at Home	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 Care Certificate.</p>	Wessex Academic Health Science Network	https://www.e-lfh.org.uk/programmes/hydration-in-older-people/
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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