

## Frailty Education and Awareness: Tier 3 Resources

Below are resources appropriate for colleagues wishing to develop their frailty expertise to an advanced leadership level.

Local universities are presently developing suitable advanced courses to build on present knowledge and experience, and it is recommended contacting relevant professional academic and clinical bodies directly.

The British Geriatrics society will also be updating their website later this year with additional resources.

Name of resource	Type of resource	Brief summary of resource	Developed by	Online link
Fit for frailty	Resources and downloadable material	Guidance on the recognition and management of older patients with frailty in community and outpatient settings. 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  Produced in association with the Royal College of General Practitioners (RCGP) and Age UK.	<a href="https://www.bgs.org.uk/resources/resource-series/fit-for-frailty">https://www.bgs.org.uk/resources/resource-series/fit-for-frailty</a>
Integrated care for Older People (ICOPE)	ICOPE Guidelines ICOPE app ICOPE digital handbook Implementation framework	The package of tools offers an approach that helps key stakeholders in health and social care to understand, design, and implement a person-centred and coordinated model of care. By providing evidence-based tools and guidance specific to every level of care, ICOPE helps health systems support <i>Healthy Ageing</i> and maximise older people's intrinsic capacity and functional ability.	World Health Organisation	<a href="https://www.who.int/ageing/publications/guidelines-icope/en/">https://www.who.int/ageing/publications/guidelines-icope/en/</a>