

Optimising the Care of Older People Living with Frailty

Lesley Bainbridge
Clinical Lead

North East and North Cumbria Frailty Network

The situation

- Ageing population – specifically increasingly complex needs
- Older people are biggest consumers of care yet are the group most likely to have unmet need

HEADLINES

**murdered at least 215 of his patients
between 1974 and 1998**

The solution

- Understand frailty
- Understand the people



- Identify the needs to be met
 - design, deliver and evaluate services
 - develop the workforce

The challenge



society generally holds a negative view of ageing

The anomaly



- Researching this vulnerable group is challenging but is essential
- Differences in manifestations of ageing reflect differences in genes and environment

Jackie's Story

A System Response to Frailty



Jackie's Journey

<https://vimeo.com/350962994>

- CGA
- MDT
- understand social context
- managing occupation in later life – likes and function
- long primary care relationship
- access to specialists
- case management
- rapid response
- family carer support

acknowledgment: NHSEI Better Care Fund Team NENC, Jayne Robson

The celebration – complex needs provides digital opportunity

- **Communication**

- *between services to share information*
- *between people to reduce isolation*
- *between care giver & care receiver to measure, record & report*

- **Identify needs**

- *aggregate data to note level of frailty*
- *analysis of patient and population data*

- **Evaluate**

- *quality assurance*
- *audit*

**Thank
You**



lesley.bainbridge@nhs.net