

Frailty Network News

November 2021



What everyday steps can older people be taking against climate change?

As the 26th UN Climate Change Conference (COP26) took place in Glasgow from the 31st October to 12th November, it prompted people to have crucial discussions surrounding carbon emissions, climate change and ways in which we can reduce our carbon footprint.

After decades of campaigning on excess winter deaths and the problem of cold homes, Age UK is also acutely aware of the adverse health impacts that overheating can have on people in later life. They have considered how we as individuals are affected by climate change and what we can do to support the older generation by providing older people with 8 important tips to tackle the climate emergency; these can be viewed via the link below.

[8 tips to tackle the climate emergency | Age UK and Friends of the Earth | Discover | Age UK](#)

BGS launches new comprehensive delirium resource.

On the 24th November, the BGS launched its Delirium Hub resource, which linked users to useful, practical and high-quality information on all aspects of delirium in older people.

Frequently misdiagnosed or under-diagnosed, delirium is a state of acute confusion. The causes of delirium are multifactorial and can often be a sign of an underlying physical illness, therefore raising awareness of the risk factors, signs and management of delirium is vital. The hub guides users through the topic of delirium, focusing on four key interlinked areas; an introduction to delirium; presentation, screening and treatment of delirium in specific settings; education and training; and current research evidence.

To browse the delirium hub, please follow the link below:

[Delirium Hub | British Geriatrics Society \(bgs.org.uk\)](#)

Age-positive image library launched to tackle negative stereotypes of later life.

The Centre for Ageing Better has launched a free library of positive and realistic images of people aged 50 and over.

The images show a more realistic depiction of ageing and old age in a way to provide alternatives to the commonly used pictures of 'wrinkly hands' or 'walking sticks'. The library, containing over 400 images, offers organisations a wide selection of images that avoid stereotypes associated with older people.

To view the library follow this link- [Age-positive image library](#)

Leading dementia organisations call for urgent action to maintain essential relationships of care home residents.

One Dementia Voice is a coalition of 8 leading dementia organisations, who strongly and unanimously believe that the rights and needs of people living in care homes are being ignored in both policy and practice.

With families and friends of loved ones in care homes still being unable to visit, they believe it is fundamental for the residents and their families to be supported and they insist that basic human rights should not be ignored, including the right to freedom, the right to private life, the right to family life, the right to be free from discrimination.

'We call on the government to uphold the rights of residents so that they are able to live in respect and dignity maintaining essential relationships with those they love'



'How can we use design to innovate in the healthy ageing sector?'

'Design capabilities in the innovation process is not a 'nice-to-have', it is absolutely critical'- Dr Cynthia Bullock, Deputy Director, UKRI Healthy Ageing Challenge.

The Centre for Ageing Better, UKRI and Creative Venue have compiled a report describing the key insights and learnings from a programme of activity rolled out to increase the understanding of design amongst solution providers in the healthy ageing market. This report aims to enable individuals and organisations in the sector to benefit from the rich lessons in design this programme delivered and use design strategically in their work as a result.

To read the report, please click the link below:

[Using-design-innovate-effectively-healthy-ageing.pdf \(ageing-better.org.uk\)](#)

Study examines the link between housework and functional health among older adults.

Housework is linked to sharper memory, attention span, and better leg strength, and by extension, greater protection against falls, in older adults, finds research published in the open access journal BMJ open.

Findings from the Lee et al (2021) study indicated that higher levels of housework were associated with 14% higher attention scores and higher cognition among older adults, than lower levels of housework.

To read the article please click on the link below:

[Cross-sectional associations of housework with cognitive, physical and sensorimotor functions in younger and older community-dwelling adults.](#)

BGS Autumn Meeting 2021

The British Geriatric Society's Autumn Meeting 2021 was held from the 24th to 26th November. It covered core competencies around cardiovascular health, orthogeriatrics and rheumatology, neurology and movement disorders as well as the latest scientific research and the best clinical practice in the healthcare of older people.

In particular there were sessions aimed towards Nurse and Allied Health Professionals who are interested in improving healthcare for older people. If you missed the live event you can watch the sessions on demand for up to 12 months after the live broadcast. Click on the link below to register.

[Autumn Meeting 2021 | British Geriatrics Society \(bgs.org.uk\)](https://www.bgs.org.uk/Autumn-Meeting-2021)

Dates for the Diary!

- **Monday 29th November (11-12pm)** - The next webinar in the hot topics in Dementia Research series will focus on Fronto-Temporal Dementia. Topics will include Movement Disorders in Fronto-Temporal Lobar Degeneration and personal experiences of caring for an individual with young onset Fronto-Temporal dementia. Speakers will include Dr Shane Lyons, Neurology Specialist Registrar and Simon Murphy, a carer for his mother. Please see the link below for the events page and to register: [Hot Topics In Dementia Research Tickets, Multiple Dates | Eventbrite](#)
- **Wednesday 8th December (1-2.30pm)** - The National Integrated Care Programme for Older Persons is hosting a masterclass on Teamwork to mark the launch of its Practice Guidance for Older Person Multidisciplinary Teams. Mr Stuart Lancaster, Senior Coach, Leinster Rugby will be presenting on 'What are the characteristics of high performance teams- lessons from a sporting context and their application in healthcare teams'. You can register for this event [here](#)

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