



Frailty Network News

December 2021



Department of
Health

An Roinn Sláinte
Máinnistirie O Poustie

Department of Health Advance Care Planning Policy for Adults- Public Consultation

The Department of Health (DoH) has launched a public consultation on the draft Advance Care Planning Policy for Adults (18 and over) for Northern Ireland. The consultation will run from 17th December 2021 until Friday 11th March 2022.

A key aim of the Advance Care Planning policy will be to promote clear and consistent messages and practice for all those providing care, support and treatment. It also aims to increase public awareness and understanding of what Advanced Care Planning is, encouraging adults at any stage of life to consider and plan ahead for their future.

The DoH wants Advanced Care Planning conversations to become normalised. All adults have regular opportunities to express their wishes, feelings, beliefs and values in relation to Advance Care Planning and that these are reflected in the care, support or treatment they receive.

To read the draft policy and supporting consultation and for information on how to respond to the consultation please follow the link below:

[Consultation on the Draft Advance Care Planning Policy for Adults in Northern Ireland and Draft Equality Impact Assessment | Department of Health \(health-ni.gov.uk\)](https://www.health-ni.gov.uk/consultation-on-the-draft-advance-care-planning-policy-for-adults-in-northern-ireland-and-draft-equality-impact-assessment)

Challenging ageism: A guide to talking about ageing and older age

The Centre for Ageing Better has designed a new guide called 'Challenging Ageism', to support professionals, organisations and charities to represent ageing in a more positive and realistic way and to get them thinking about how they communicate about ageing and older age.

Ageing is commonly associated with decline and ill-health, whilst older people are commonly portrayed as frail, vulnerable and dependent. Therefore the Centre for Ageing Better is urging charities to shift ageist stereotypes and language used in public life.

[Challenging ageism: A guide to talking about ageing and older age | Centre for Ageing Better \(ageing-better.org.uk\)](https://www.ageing-better.org.uk/challenging-ageism)

Jingle Bakes!

This Christmas you can enjoy your favourite festive treats and spread some festive cheer, all whilst raising money for Age NI.

How?

Organise a Jingle Bakes Christmas bake sale. Whether you're Mary Berry or a complete novice in the kitchen, join in and have some festive fun.

By hosting a Jingle Bakes Christmas bake sale in aid of Age NI, you will be helping raise funds so that Age NI can make Christmas a little brighter for lonely older people across Northern Ireland.

To sign up and start fundraising please follow this link: [Jingle Bakes | Age NI](#)

Christmas at The Salvation Army.

This Christmas, the Salvation Army wants to reach out to those who need it most by bringing them joy and hope. In particular, they want to help families struggling to feed their children, those facing poverty, older people in our communities who have never felt as lonely as they do now and the homeless.

They will be supporting these groups by:

- Providing companionship and lunches for older people who are living alone
- Giving food parcels to families who are struggling
- Distributing toys to children whose parents are unable to afford presents

How can you help?

- Donate to the Salvation Army's Christmas Appeal
- Donate toys for those who otherwise may not receive gifts
- Join their 'Be a Star' campaign by taking part in fundraising

Follow the link below to find how you can help the Salvation Army this Christmas:
[Christmas | The Salvation Army](#)

Spark an Intergenerational Christmas Connection this year!

Linking Generations NI want to inspire you to spark an Intergenerational Christmas Connection and have developed some very useful resources to help.

They have developed a very useful resource called [12 Ways To Do Christmas Differently 2021](#) which is packed full of fun and safe ideas with the aim of bringing generations together and spread joy and love this Christmas. This resource would be perfect for schools, youth groups, care settings and within your own family.

Another resource they have developed is [An Ideas Guide to Spark Generation Connections this Christmas](#) which is specifically aimed at Educational settings such as schools, colleges and nurseries. Finally, Linking Generations NI have created a perfect way to spread love and hope throughout the generations this Christmas with their [Intergenerational Christmas Bauble](#)

The Centre for Ageing Better have identified that 36% of 50 to 70 year olds feel at a disadvantage when it comes to applying for jobs due to their age. For many older applicants they feel they are being excluded from the job market due to inadequate processes, age-bias and lack of engagement from potential employers.

In light of this research, the Centre for Ageing Better has commissioned three projects to tackle inequalities in the workforce: the current and future recruitment landscape for older workers, older workers' own experience of recruitment and an experiment to explore what impact the choice of language used in recruitment materials have on older workers.

You can read the findings from these projects by following the link below:

[Good Recruitment for Older Workers \(GROW\) | Centre for Ageing Better \(ageing-better.org.uk\)](https://www.ageing-better.org.uk)

Dates for the Diary!

- **Monday 24th January (11-12pm)** - The next webinar in the hot topics in Dementia Research series will focus on Hearing and Vision Impairment in Dementia. Topics will include insights from the SENSE-Cog Project, International Guidelines on Management of Hearing and Vision Impairments and perspectives of a person living with dementia. Please see the link below for the events page and to register:
[Hot Topics In Dementia Research Tickets, Multiple Dates | Eventbrite](#)



We would like to take this opportunity to wish all of our members a very Merry Christmas and a Happy New year!



If you wish include any items in our next circulation,
please contact frailtynetwork@hscni.net

Frailty is everybody's business

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to frailtynetwork@hscni.net