

Frailty Network News

February 2022



What have we been working on?

- **Ageing Well in 2022 Calendar with Age NI-** NIFN have collaborated with Age NI to produce an Ageing Well in 2022 calendar. It has been made available to individuals aged 65+. We have also sent a supply to each Trust to issue.
- **Frailty Education-** We have been working to identify suitable education modules to support all of us to play our part in achieving the best outcomes for people living with frailty. A Frailty Education workshop was held in November to share the Fundamentals of Frailty modules developed in Ireland. Held by Deidre Lang and Roman Romero-Ortuno, the module received favourable responses from those who attended. We have also got approval to share the Health Education England's e-learning programme – further details below.
- **NIFN Website-** The team have been working hard to get our website up and running which we hope will develop further over time. We will share a link with network members soon to seek your views on content.
- **Falls in Care Homes Project-** We are currently at the data collection stage of the falls project. We are collecting staff surveys, resident surveys and falls data from our pilot care homes.

Frailty Education Resources for Everyone

The NI Frailty Network believes that '**Frailty is Everyone's Business**' and that it is vitally important for individuals to understand how to identify Frailty and what to do next to improve outcomes and quality of life.

To improve understanding and knowledge, we are sharing a range of free resources to provide education and support for all. Please share the flyer below with your colleagues. We have also produced an A3 poster which you can print and display. We will be bringing further education opportunities to you over the coming year.



Frailty Education A3
Poster.pdf



Frailty Education.pdf

Frailty Seminar Series

Johns Hopkins frailty science researchers are participating in a novel Frailty Seminar Series along with other influential aging and frailty researchers from around the world over the coming several months .

The highly-informative series is an 11 month program aimed at promoting scientific exchanging and sharing evidence-based practices and research advances about all aspects of frailty around the globe.



The next seminar 'Progression of Physical Frailty and the Risk of All-Cause Mortality' will be held on the 9th February 2022.

To view recordings of previous seminars and sign up for upcoming seminar, follow the link below: [Johns Hopkins Frailty Science Researchers Contribute to a Global Frailty Seminar Series | Frailty Science](#)

Age at Work.

Age NI are offering an opportunity for individuals aged 50+ to reflect and take a look at inter-related areas of their life and provide an overview of three key areas: financial wellbeing, health and wellbeing, and career support. All Mid-Career Review sessions are conducted virtually and are free to attend thanks to the National Lottery Community Fund.

The Age at Work aims to:

- Support older workers to remain or return to work.
- Raise awareness of the impact of an ageing workforce and the need for an age-inclusive agenda in government, business and wider society
- Encourage and support businesses to be more age-inclusive in recruiting, retaining and retraining older workers

Mid-Career Review sessions available in February include:

- Career Support – 22nd February 10.00-11.30am
- Health and Wellbeing – 25th February 2.30-3.30pm

If you would like to sign up for any of the above group sessions please contact Claudine Kelly, Age Friendly Training Coordinator on 07425620194 or Claudine.kelly@ageni.org



NI Executive agree to provide £200 one off energy payment to vulnerable people

The Commissioner for Older People for Northern Ireland, Eddie Lynch has welcomed the news that the NI Executive will provide an emergency one-off fuel payment of £200 to vulnerable people. Since September, the Commissioner has been campaigning for Government to introduce a financial support package, similar to the £200 Covid-19 heating payment, which was made last year to people receiving certain benefits.

“In the past few months, I have written to the Minister for Communities expressing my concern for the many people who are struggling to keep up with their utility bills and requesting an adequate financial support package to be implemented as soon as possible. I have also met with senior officials in the Department echoing that request and I have raised this issue with every political party in Northern Ireland. I am delighted that a £200 support payment is now coming to fruition.”

Let's Talk Mental Health

The mental health needs of the older population can often be overlooked and dismissed, yet mental ill health is a growing issue in this age group, especially during the covid-19 pandemic.

The Mental Health Foundation and Independent Age have written a report exploring the impact of the pandemic on older people's mental health across the UK. The report illustrates some of the ways the pandemic has impacted people's wellbeing and mental health. Some individuals found ways to cope and manage, while others faced serious challenges and as a result their mental and emotional wellbeing suffered.

To read the full report please follow the link below:

[The Mental Health Experiences of Older People in the Pandemic \[Final\]_0.pdf \(independentage.org\)](https://independentage.org)

5 New Year's resolutions to help reduce your risk of dementia

The Alzheimer's Society has shared five things you can do to help lower your chances of developing dementia. These are especially important if you're in your 40s, 50s or 60s- but they're still relevant to everyone!

1. **Get moving**
2. **Eat well**
3. **Quit smoking and cut down on alcohol**
4. **Keep your mind active**
5. **Look after your health**



For more information please follow the link below:

[5 New Year's resolutions to help reduce your risk of dementia | Alzheimer's Society \(alzheimers.org.uk\)](https://alzheimers.org.uk)

Dates for the Diary!

- **Wednesday 9th February 2022**- the International Foundation for Integrated Care Scotland are launching series 6 of their Integrated Care Matters webinars. The next will be held on the 9th February and is on Proactive, Integrated and Personal: Anticipatory Care in Action. For more information and to register please follow this link: [IFIC Scotland Integrated Care Matters: Webinar Series 6 - IFIC \(integratedcarefoundation.org\)](https://integratedcarefoundation.org)
- **Wednesday 9th March 2022**- a free 3 nations (NI, Scotland, Wales) conference being organised by Business in the Community as part of the Age at Work project led by Age NI. It is aimed at employers, government and individuals and aims to help businesses ensure rights of older people, the benefits of employment, are well considered and planned for in the workplace. Keynote speaker is Ruby Wax. For more information and to register please follow this link: [The Age at Work Conference | Putting age inclusion on the agenda - Business In The Community \(bitcni.org.uk\)](https://bitcni.org.uk)

Robert Ferguson

Members of the NI Frailty Network were deeply saddened to learn of the passing of Robert who was a dear friend and avid supporter of our work. We have very fond memories of Robert who spoke so bravely and eloquently at our events and meetings about his own experiences of ageing. This included our Network launch event in March 2019, when Robert joined Professor Sir



Michael McBride, Chief Medical Officer for NI on the stage. Robert also inspired the 3 words that sit within our logo – Confidence, Support and Strength. For many years, Robert acted as a voice for carers, sharing his experience of caring for his late wife and even contributing the “Thought for the Day” on BBC Good Morning Ulster. You can listen at <https://www.bbc.co.uk/sounds/play/p02dx7b9> This he did to help us learn how to make things better for others. .



A lover of books and learning and a talented singer, Robert would regularly provide musical entertainment for local care home residents. He also shared his vocal talents with us when he sang “We’ll Meet Again” at the close of our conference on 1st October 2019. When the pandemic struck, Robert’s great skill with technology quickly came into play and he continued to contribute online. We will very much miss Robert’s

warmth, enthusiasm and his great passion to improve the lives of older adults. On behalf of our many members, I would like to extend our sympathies to Robert’s family members and friends at this very difficult and sad time. May he rest in peace.

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

Frailty is everybody’s business

Join the NI Frailty Network – email your contact details to frailtynetwork@hscni.net

