

June 2022

Frailty Network News



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

INSIDE THIS ISSUE:

eCareWell	2
The worries and wonders of ageing	2
Frailty and end-stage renal disease	2
Geriatric Emergency Medicine	3
AgeNI recruitment opportunity	3
Ageing with pride	3
Can you help us?	4

Dates for your Diary!



Wednesday 13th July 2022 (12:00)- Frailty Science are hosting an 11 month Frailty Seminar Series, which started in September 2021. Next in the series is **Osteosarcopenia and Frailty** which will be presented by Professor Gustavo Duque. For more information or to sign up for this seminar please follow this link: [Professional Resources | Frailty Science](#)

SAVE THE DATE!

We have changed the date of our upcoming Northern Ireland Frailty Network Conference from 30th September to *Friday 7th October 2022.*

Thursday 4th August 2022 (10.30-11.30)- The Centre for Ageing Better is hosting an online event called '**An Introduction to Age-friendly Communities**'. This one-hour webinar will cover the basics of Age-friendly Communities as defined by the World Health Organization, and provide practical examples from UK members on their journey to become better places to grow old. For more information please follow this link: [An introduction to Age-friendly Communities | Centre for Ageing Better \(ageing-better.org.uk\)](#)

Friday 9th September 2022 (9.30am-5pm)- The British Geriatric Society is hosting the **23rd International Conference on Falls and Postural Stability**. It will be a hybrid event meaning you can attend in person or virtually. For more information please follow this link: [2022 23rd International Conference on Falls and Postural Stability | British Geriatrics Society \(bgs.org.uk\)](#)

eCareWell

Are you, are anyone you know, living in the Derry City and Strabane District Council area and caring for a friend or family member?

eCareWell are recruiting carers who are willing to use a technology device over a 4-month period to determine how useful it is in supporting carers. There will be a range of technology devices to choose from, all made in Northern Ireland! The study will involve *2 appointments each ~1.5 hour long and a training session*. In the first we will ask you questions about yourself and your role as a carer. You will then choose and be trained in the technology you would like to use. The last appointment will check how you got on with the device.

For more details or to register contact:

Professor Joan Condell: j.condell@ulster.ac.uk

Tel: 02871675024

The Worries and Wonders of Ageing



The Centre for Ageing Better spoke to Author and Geriatrician, Dr Lucy Pollock about how to demystify ageing, medicine for older people and why it is important to never forget to have fun. Lucy has recently written a book, 'The Book About Getting Older', which aims to help everyone better understand the challenges older people face.

"Information is power. So, for me, the best thing I can possibly do is to give readers the words and confidence they need to tackle difficult questions and situations. Later life can be complicated. If I've helped just one reader with that, then I'll have done my job." - Dr Lucy Pollock

To read more about the worries and wonders of ageing, please follow the link below:

[Dr Lucy Pollock discusses the worries and wonders of ageing | Discover | Age UK](#)

Frailty and End-Stage Renal Disease

For the ninth episode of the Fighting Frailty Podcast, Dr. Mara McAdams-DeMarco talked about end-stage renal disease (ESRD) in older adults, and her innovative work on the associations between frailty, cognition, and ESRD.

To listen please follow this link: [Frailty and End-Stage Renal Disease, with Dr. Mara McAdams-DeMarco | Frailty Science](#)

Geriatric Emergency Medicine— a Model for Frailty Friendly Healthcare

Age and Ageing, which is the journal of the British Geriatric Society, has shared research relating to the progress that has been made and the opportunities ahead in the field of Geriatric Emergency Medicine (GEM).

Key points include:

- Progress has been made in delivering holistic care to older people in acute settings.
- Opportunities for the future exist in further improving GEM in the three elements of evidence-based medicine.
- Developments in GEM may serve as a model to deliver holistic care to older people throughout medicine.

For more information and to view the research, please follow this link: [Geriatric emergency medicine—a model for frailty friendly healthcare | Age and Ageing | Oxford Academic \(oup.com\)](#)

Age NI Recruitment Opportunity



Age NI is recruiting an experienced social workers to act as the Registered Manager and Head of Age NI's Shared Lives service.

'We're really looking forward to being able to offer older people across Northern Ireland the opportunity to benefit from Shared Lives. Shared Lives offers an alternative to traditional models of care, providing a safe, welcoming, family environment by recruiting, training, supporting and matching suitable Host Carers, who will share their lives, hobbies and community with an older person in need of support'.

For more information about this opportunity, please see the Shared Lives Leaflet attached.

#AgeingWithPride

The Centre for Ageing better is committed to ensuring those of all ages, regardless of sexuality or gender, enjoy good later lives and are #AgeingWithPride.

To mark Pride Month, they have gathered stories from a number of older LGBT+ people to share their perspectives on equality, community and how attitudes towards LGBT+ people have changed.

To read these stories please follow this link: [#AgeingWithPride | Centre for Ageing Better \(ageing-better.org.uk\)](#)

Can you help us?

Encompass – we are interested to know more about our health and social care employed members involvement in the Encompass programme. Do you represent your organisation / profession / team in any of the work streams? We would be grateful if you could get in touch to tell us about your involvement so far and help us ensure that Frailty is considered across this programme.

Digital technology – some of our partners are taking forward work around use of technology to assist older adults to maintain independence / improve wellbeing. Would you be interested in getting involved?

Website content – we are developing a website and would like to set up an editorial group to oversee the content. Would you be interested in joining us?

Education – in our February edition, we circulated information on the Health Education England's e-learning module on Frailty. Have you had a chance to register and progress through the material? We'd be really keen to hear your feedback.

Please see the link below for more information and to view Health Education England's e-learning module on Frailty.

[HEE elfh Hub \(e-elfh.org.uk\)](http://e-elfh.org.uk)

If you can support us in any of these areas, please get in touch at frailtynetwork@hscni.net



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