

October 2022

# Frailty Network News



If you wish include any items in our next circulation, please contact

[frailtynetwork@hscni.net](mailto:frailtynetwork@hscni.net)

*Frailty is everybody's business*

Join the NI Frailty Network – email your contact details to [frailtynetwork@hscni.net](mailto:frailtynetwork@hscni.net)

On behalf of the NI Frailty Network, I would like to thank all of those who joined our conference on Friday 7th October 2022 to celebrate International Day of Older Persons.

We will be publishing all the recordings and presentations on our website within the next few days, so keep your eyes peeled— [Frailty Network | Frailty Network \(hscni.net\)](https://www.hscni.net/frailty-network)

Finally, if anyone requires a certificate of attendance for our conference please email [frailtynetwork@hscni.net](mailto:frailtynetwork@hscni.net)

## Other organisations you might be interested in checking out!

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[Linking Generations NI-](#) aim to inspire and support the growth of an age-friendly society through connecting older and younger people. They provide training for care homes, schools and those who are interested in intergenerational work. For more information please visit their website: [Linking Generations NI – Bringing Generations Together](#)

[Mid & East Antrim Agewell Partnership \(MEAAP\)-](#) are a local inter-agency based partnership aimed at improving the lives of older people, living in Ballymena, Larne and Carrickfergus areas. Some of their projects include IMPACTAgewell, Safe Social Club and Hard to Swallow. For more information please visit their website: [Mid & East Antrim Agewell Partnership – Improving the lives of Older People in BALLYMENA, LARNE & CARRICKFERGUS \(meaap.co.uk\)](#)

## OCTOBER RECAP (It's been a busy month)

### *It was Black History Month!*

October 2022 brought us Black History Month and this years theme was '**Time for Change: Action Not Words**'.

The inequalities we see between older people of different ethnicities are born from lifetimes of inequalities, such as employment, housing and health. Age UK have highlighted the importance of improving racial equity for colleagues and the older people we seek to support.

For more information please follow this link: [Black History Month 2022 | Discover | Age UK](#)

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### *It was International Day of Older Persons AND Positive Ageing Month!*

On 1st October 2022 the world celebrated **International Day of Older Persons**, which was created by the United Nations over 30 years ago. The aim of International Day of Older Persons is to create awareness for, and challenge negative stereotypes about older people and ageing.

**Positive Ageing Month** is celebrated every October with the aim of celebrating the older generations as well as considering how we can best support them within our communities.

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### **It was World Mental Health Day !**

The 10th October 2022 marked World Mental Health Day, which provided the world with the opportunity to discuss how mental health affects all ages, not just the young.

Various resources were shared by organisations and charities which highlight how we can support older people by providing them with ways to best look after themselves and keep themselves safe during difficult times– see links below:

**World Federations for Mental Health-** [World Mental Health Day – October 10th \(wmhdofficial.com\)](#)

**World Health Organisation-** [World mental health report: Transforming mental health for all \(who.int\)](#)

## *World Guidelines for Falls Prevention and Management for Older Adults: A Global Initiative*



These guidelines which were published by the Age and Ageing Journal (British Geriatric Society) and were developed by the World Falls Task Force, which assembled 96 multidisciplinary experts from 39 countries across 5 continents.

They aim to provide a framework and expert recommendations to healthcare and other professionals working with older adults on how to identify and assess the risk of falls. For example, they recommend which interventions should be offered to older people as part of a person centred approach to prevent and managing falls.

To access and read the full guidelines please follow this link: [World guidelines for falls prevention and management for older adults: a global initiative \(silverchair.com\)](https://www.silverchair.com/world-guidelines-for-falls-prevention-and-management-for-older-adults-a-global-initiative)

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### **Help with the cost of living**

With the cost of living rising, Age UK have shared information that can help people feel more control of their finances. These money saving tips include; advice to help with energy bills, boosting your income and managing your money.

For more information on how you can keep yourself and loved ones safe, please follow this link: [Help with the cost of living | Age UK](https://www.ageuk.org.uk/help-and-support/financial-wisdom/help-with-the-cost-of-living/)

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### *What does vaccination mean to people aged 55+?*

The Medical School at the University of Bristol are inviting you to a community event they are holding in Belfast.

The event will be held on Friday 11th November at the Girdwood Community Hub from 10.30am to 2pm.

To sign up online please follow this link: [Sign up for our Belfast community engagement event \(office.com\)](https://www.office.com/sign-up-for-our-belfast-community-engagement-event)

Or call [01174557657](tel:01174557657)

## 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)

At the minute we are gathering names for each area, if you can support us in any of these, please get in touch at [frailtynetwork@hscni.net](mailto:frailtynetwork@hscni.net)



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