

September 2023

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

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SAVE THE DATE!!



This years NI Frailty Network Conference will be a joint event with the British Geriatric Society NI Division on

Friday 13th October

2023.

For more information and to register for our conference, please follow the link:

[2023 Joint BGS and Northern Ireland Frailty Network Meeting | British Geriatrics Society](#)

****PLEASE NOTE– places for this years conference can only be booked through the BGS website via the link above ↑↑**

Its Falls Awareness Week!

The Public Health Agency is encouraging people to ensure they are as safe as possible from falls in their homes, as it marks Falls Awareness Week (18-24 September).



Ten tips to prevent a fall at home:

1. Get up from your chair or bed slowly to avoid dizziness and use a walking aid if provided.
2. Only take medication prescribed by your doctor, at the correct dosage. Have your medication reviewed regularly by your doctor or pharmacist.
3. Keep your stairs clutter free – don't leave items lying on the stairs that could cause a trip or fall.
4. Ensure your home is well lit (use high wattage, low energy light bulbs) and always put lights on at night, especially when getting up during the night.
5. Remove all loose and worn mats.
6. Avoid trailing leads and wires.
7. If you use slip-resistant mats in the bath or shower, ensure they are used appropriately, removing them after use to air dry and cleaning the soap suds that can build up and cause a slip.
8. Mop up any water and spillages as soon as possible.
9. Have broken or uneven pathways outdoors repaired.
10. Take extra care when walking on icy pathways and doorsteps

For more information on what you can do to help reduce the risk of falls, please follow this link: [Protect yourself against falls at home this Falls Awareness Week | HSC Public Health Agency \(hscni.net\)](https://www.hscni.net/protect-yourself-against-falls-at-home-this-falls-awareness-week)

Integrated Care Matters Webinar- 'Reimagining Acute Care for Frailty'

The International Foundations for Integrated Care Scotland are hosting an Integrated Care Matters Webinar series. This series will consider acute hospital care can be a complex and potentially harmful experience for people with complex care and support needs,

This series will commence on the 11th October 2023 with 'Reimagining Acute Care for Frailty'. For more information and to register click the link below:

[Integrated Care Matters Webinars Series 8: Care Closer to Home - IFIC Register n \(integratedcarefoundation.org\)](https://www.integratedcarefoundation.org/register-n)

Later Years Physical Activity Survey

The joint Public Health Agency and local Health & Social Care Trusts Physical Activity Forum would like to invite professionals and practitioners delivering later years services to those over 65 in Northern Ireland to complete a survey to determine the level of awareness and knowledge of the UK Chief Medical Officer (CMO) physical activity guidelines.

The survey (see link below) will help identify training needs and contribute to the development of further training materials and resources which can support you to promote physical activity within your professional practice and settings for older adults.

[Later Years Professionals awareness and knowledge of UK CMO Physical Activity guidelines \(office.com\)](#)

Closing Date: Friday 6th October 2023

Positive Ageing Month is Coming! October 2023



Positive Ageing Month 2023 will take place during October, launching on the 1st October with the International Day of Older Persons

It is a month-long campaign of events, activities and programmes across Northern Ireland to promote positive ageing and to celebrate older people.

Keep an eye out on the Frailty Network website for updates and events throughout positive ageing month- [Frailty Network | Frailty Network \(hscni.net\)](#)

BGS Rising Star Awards 2023



Applications are now open for the British Geriatrics Society's Rising Star awards. These prestigious awards are made to people who show exceptional promise in their research or clinical quality work, and have the potential to be leaders within healthcare for older people.

For information and to apply, please follow this link- [BGS Rising Star Awards 2023: Applications open | British Geriatrics Society](#)

Launch of Shared Lives for Older People in Northern Ireland

A service providing support for people aged 65 and over who may be lonely, isolated or need extra help has been launched. Shared Lives NI day scheme offers older people a safe, welcoming, family environment supported by carefully-chosen host carers.



Shared Lives NI

The regional service is funded by the Department of Health and will be delivered by Age NI.

If you would like to find out more information about Shared Lives NI for older people please follow this link: [Shared Lives \(ageuk.org.uk\)](http://ageuk.org.uk)

Getting and Staying Active with a Disability webinar

The Institute of Public Health (IPH) is hosting a webinar on “**Getting and Staying Active with a Disability – Insights from Research, Policy and Practice**” on **Thursday, 26 October** between 10am – 12 noon.

Topics covered will include the importance of physical activity for people with disabilities, guidelines and recommendations for disabled adults and older adults, language and messaging, findings from the all-island report card on physical activity in children and adolescents with disabilities.

For more information on speakers and to register, please follow this link:

[Webinar Registration Open: Getting and Staying Active with a Disability – Insights from Research, Policy and Practice - 26 Oct | Institute of Public Health](#)



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