



November/December 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

The Frailty Network would like to take this opportunity to wish all of our members a very Merry Christmas and a Happy New Year!



INSIDE THIS ISSUE:

CLEAR Dementia Care	2
Guidance on Frailty Assessment and Management in Oncology	3
Let's make this Christmas and Inter-generational One!	3
An Introduction to Age Friendly	4
Age NI Christmas Appeal	4

CLEAR Dementia Care ©

A person with dementia is trying to meet their everyday needs and make sense of what is happening around them, just like everyone else. Their dementia sometimes means that they can't meet their needs independently or tell others what they want or need. When this happens it can lead to behaviours that others find difficult to understand. It can also cause significant stress for both the person with dementia and those who offer care and support. Without realising, carers can sometimes respond in ways that increase distress.

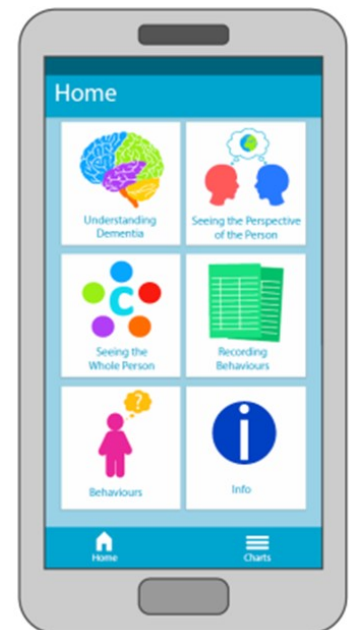
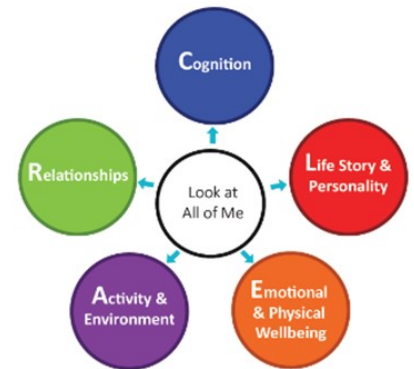
Greater understanding of dementia helps carers to offer appropriate support to help the person to meet their need and respond to changes in behaviour to reduce distress. CLEAR Dementia Care © helps carers to see the perspective of the person with dementia and when we understand the situation from their perspective, we can find ways to reduce distress. The outcome is enhanced quality of life for the person with dementia and their carers.

CLEAR Dementia Care App

The CLEAR Dementia Care App provides easy to understand information about the different types of dementia and how to offer support. It is always available when you need it. The information is presented in bite sized chunks to make it easier to find the information you're looking for.

The App uses both text and colourful illustrations to help us to see the world from the perspective of the person with dementia. There is information about all the factors that can impact on how the person with dementia feels and behaves.

Following review for clinical assurance, data privacy and user experience the app is Orcha approved and is available at www.apps4healthcare.ni.hscni.net. The CLEAR Dementia Care App is also available to download for **free** now on Apple and Android devices.



Access CLEAR Dementia Care and other apps at Apps4Dementia.orchha.co.uk



iOS App Store



Google Play

For further information and for more free CLEAR Dementia Care resources, visit



northerntrust.hscni.net/CLEAR

If you have any queries regarding CLEAR Dementia Care, please get in touch at



CLEAR.DementiaCare
@northerntrust.hscni.net

Guidance on Frailty Assessment and Management in Oncology published in association with BGS

The Joint Collegiate Council for Oncology (JCCO) the inter-collegiate body for non-surgical oncology in the UK, has published new Frailty guidance in association with the British Geriatric Society, the International Society of Geriatric Oncology and Macmillan Cancer.

Each step in the cancer pathway is an opportunity for assessing and managing frailty. This guidance is intended to encourage and support the implementation of frailty assessment and management in oncology services in the UK.

To read the full guidance, please follow this link: [Guidance on frailty assessment and management in oncology published | British Geriatrics Society \(bgs.org.uk\)](#)

Lets make this Christmas an Intergenerational One!



Linking Generations NI are encouraging people to connect generations and have an Intergenerational Christmas [Lets make this Christmas an Intergenerational One! – Linking Generations NI](#)

Check out some of their resources:

- [Linking Generations NI Northern Ireland - Teaching Resources \(twinkl.co.uk\)](#)
- [Copy of Copy of 12 ways to do christmas differently resource sheet \(linkinggenerationsni.com\)](#)
- [LGNI-Christmas-leaflet-Final.pdf \(linkinggenerationsni.com\)](#)
- [Christmas Quiz! \(linkinggenerationsni.com\)](#)
- [Christmas Bauble 2 \(linkinggenerationsni.com\)](#)

An Introduction to Age-Friendly Communities

An age-friendly community is a place where people of all ages are able to live healthy and active later lives. The Centre for Ageing Better are running a one hour webinar that will cover the basics of Age Friendly communities as defined by the World Health Organisation, this will be held on **Wednesday 24th January 2024 from 10-11am.**



Who is this webinar designed for:

- People who want to learn more about age-friendly communities
- People who are interested in making their place age-friendly
- New members or partners of existing age-friendly communities

For more information or to sign up please follow this link:

[An introduction to Age-friendly Communities | Centre for Ageing Better \(ageing-better.org.uk\)](https://ageing-better.org.uk)

Age NI Christmas Appeal

Help Age NI be there for older people on their hardest days and every day.

Christmas for many isolated older people can at times reinforce how lonely they really are. With support, Age NI can give the gift of companionship and connection to a lonely and isolated older person in your community.

For more information or to donate please follow this link: [Age NI: Age NI Christmas Appeal \(enthuse.com\)](https://enthuse.com)



Frailty is everybody's business

Join the NI Frailty Network –
email your contact details to:

frailtynetwork@hscni.net