EARLY FRAILTY INTERVENTION PROJECT

CAWT
cooperation and working together
for health gain and social well being in border areas

PEACEPLUS
Northern Ireland - Ireland
Co-funded by the
European Union | UK Government

Early Frailty Intervention Project

Building healthier communities through early intervention, connection and wellbeing.



Act Early.
Stay Strong.
Live Well.

Wellbeing
Supporting healthier lives

Connection
Building stronger communities

Collaboration
Working together across borders

Sustainability
Creating lasting positive impact

Legacy
Better lives for generations to come

HSE | HSC Southern Health and Social Care Trust | HSC Western Health and Social Care Trust

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What is Frailty?

Frailty is a long-term health condition reflecting increased vulnerability to adverse health outcomes.[1] It is a distinctive health state related to ageing in which the body loses its inbuilt reserves, affecting an individual's ability to recover from periods of ill health.[2]


Act Early.
Stay Strong.
Live Well.

Reference:

1. British Geriatrics Society. *Frailty*. February 2025.

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The Aim of EFIP

The aim of the Early Frailty Intervention Project (EFIP) is to **prevent frailty, promote wellbeing and independence** in adults aged 55 and over by identifying risk factors or early signs of frailty, providing support and connections, and promoting healthy lifestyles across our cross border communities.



Our Goals

Identify Early
Identify and support people early before frailty progresses.

Build Connections
Build strong relationships and reduce isolation through local connections and support.

Improve Health & Wellbeing
Promote healthy lifestyles and access to the right support.

Promote Independence & Quality of Life
Help people live well, stay active and independent for longer.

€8.44M
PEACEPLUS funding
(€8,440,000 total)

8,803
overall project target
border-region beneficiaries

4,400
HSC Trust beneficiaries
2,200 WHSCT + 2,200 SHSCT

4
cross-border hubs
teams on both sides

Where We Work

Local hubs. Cross-border reach. Stronger together.

EFIP is delivered through four local hubs, working closely with partners and communities to provide accessible, person-centred support across the border region.

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OUR 4 LOCAL HUBS

DERRY/LONDODERRY & DONEGAL

Delivering support across Derry/Londonderry and County Donegal.

OMAGH, FERMANAGH, SLIGO & LEITRIM

Delivering support across Omagh, Fermanagh, Sligo and Leitrim.

CAVAN, MONAGHAN, CRAIGAVON, BANBRIDGE & DUNGANNON

Delivering support across Cavan, Monaghan, Craigavon, Banbridge and Dungannon.

NEWRY MOURNE, ARMAGH & LOUTH

Delivering support across Newry Mourne, Armagh and Louth.



WORKING IN PARTNERSHIP

- Collaboration with statutory services
- Strong links with community & voluntary sector organisations
- Engagement with local communities and PPI groups
- Co-design and co-production with people and carers
- A shared vision for healthier, connected communities

By working together across borders, we are ensuring high quality, accessible support is available to everyone who needs it, wherever they live.

Local presence. Cross-border collaboration. Stronger together.

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What Does the Research Show?

Research from the NICOLA and TILDA studies* (island of Ireland, adults aged 50+) provides clear insights into frailty.

Frailty is more common in Northern Ireland

2x Almost more likely in NI compared to the ROI (29.0% vs. 15.0%)

Frailty affects more women

Women have consistently higher frailty scores than men across all age groups

Frailty increases with age

The likelihood of being frail rises sharply with age in both studies

Being pre-frail matters

Pre-frail individuals have a significantly higher risk of becoming frail

Frailty increases the risk of mortality

Frail individuals have over 4x the risk of mortality compared to those who are robust



Act Early.
Stay Strong.
Live Well.

References:

* Kee, F., Kenny, R., Romero-Ortuno, R., Ward, M., Cruise, S., McKelvie, M.-J. Frailty on the island of Ireland: evidence from the NICOLA and TILDA studies. European Journal of Public Health, 34(4), 710–716. https://doi.org/10.1093/eurpub/ckae046 (Published online 03 February 2025)
* NICOLA: Northern Ireland Cohort for the Longitudinal Study of Ageing
TILDA: The Irish Longitudinal Study on Ageing

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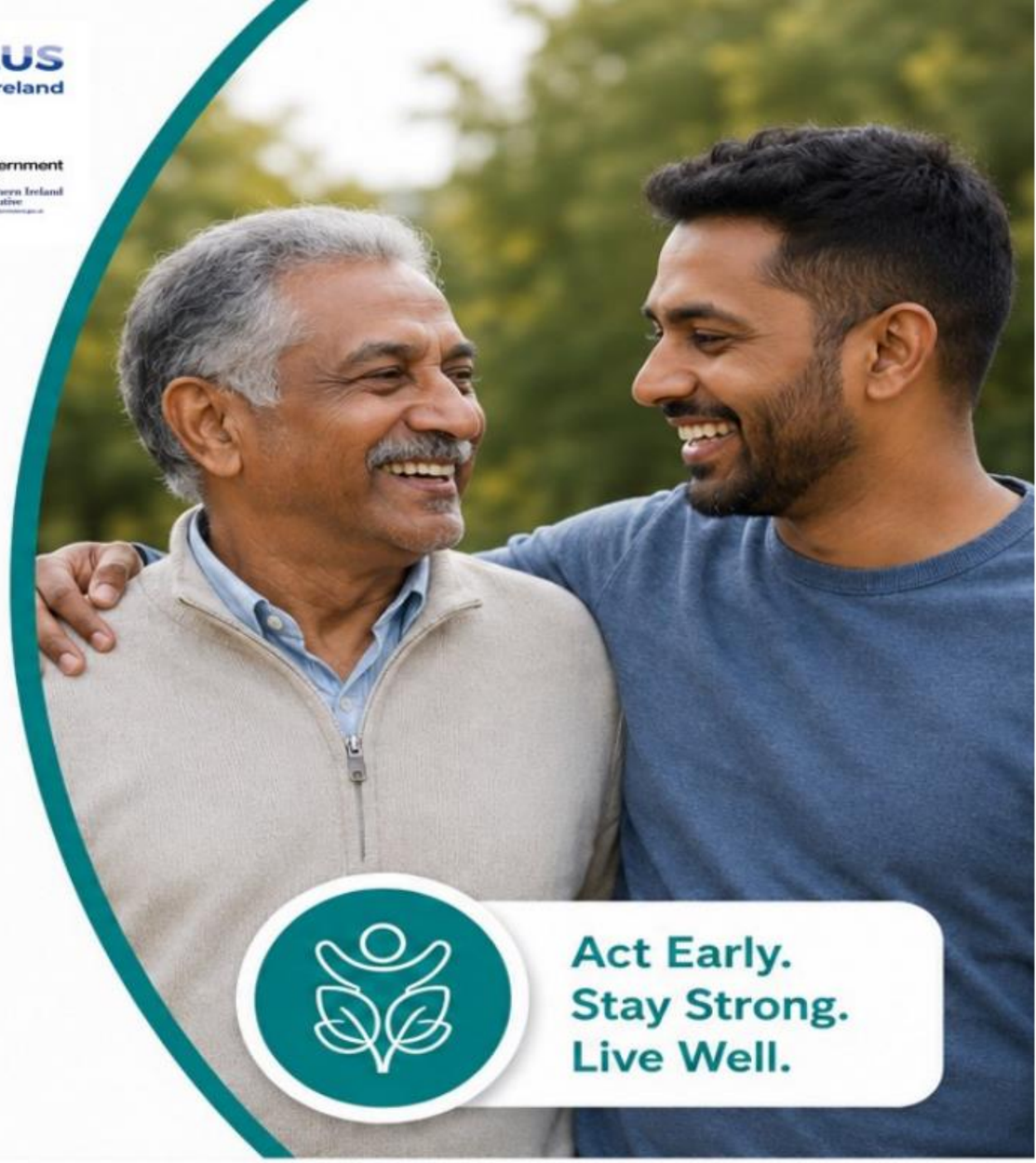
What to Consider

Frailty can develop over time and may be influenced by a range of factors.

Being aware of these can help you take steps early to protect your strength and wellbeing.





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How the Project Works

A simple, supportive and person-centred journey

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We provide an integrated model of support for adults aged 55 and over with risk factors or early signs of frailty.

Participant Journey

Referral
Access through community based organisations and signposting.

→

Initial Contact
We make contact and have a friendly, supportive conversation to understand individual needs.

→

Assessment & Wellbeing Plan
Programme offers a minimum of 3 sessions with each individual with a variety of Health Professionals.

→

Support & Connection
Provide education, support and signposting tailored to each person's needs.

→

Review & Next Steps
Participants are provided with the education and support to promote their quality of life and reduce risk of frailty.

A person-centred, preventative and empowering approach – focused on healthier living for longer

Prevent
Identify and address risk factors early to reduce risk of frailty.

Empower
Support individuals to build confidence, skills and independence.

Connect
Strengthen community connections and reduce isolation.

Educate
Provide practical education and resources for healthier choices.

Enable
Enhance quality of life and promote wellbeing as we age.

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Building stronger communities

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How to Get Involved

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We're here to support you to live well, stay independent and reduce your risk of frailty.

AM I ELIGIBLE?

You may be eligible if you are:

- Aged 55 or over
- Living within an EFIP hub area
- Looking to improve your health, wellbeing and independence

Speak to one of the team members here today to register your interest.

WHO CAN ACCESS?

Adults over the age of 55 within an EFIP hub area.

HOW TO ACCESS

Self-referral
You can refer yourself directly.

Professional signposting
Your GP or other health professional can signpost you.

Community signposting
Community or voluntary organisations can signpost you.

A person-centred approach
A person-centred approach to shape your support.

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