

A Frailty Pathway for Older Adults Living in Long-Term Care

DETECT FRAILITY

- Teach long-term care staff about frailty.
- Check frailty with an approved tool.



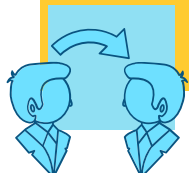
- Involve designated family or friends of the resident.
- Involve different types of care providers.
- Look at past assessments for common factors to frailty.

IDENTIFY RESIDENT NEEDS AND CONTRIBUTORS TO FRAILITY



ILLNESS UNDERSTANDING AND COMMUNICATE PROGNOSIS

- Start conversations about frailty, goals of care, and advance care planning.
- Discuss information during meetings with the resident and/or family.
- Train staff to understand and talk about frailty.



- Talk about when other interventions would work better.
- Talk about when a transfer to hospital may or may not be a suitable option.
- Consult other teams to give expertise and suggestions for care and frailty.

COORDINATE CARE



MANAGE RESIDENT NEEDS AND SYMPTOMS

- Include and document frailty in care plans.
- Respect what the resident and family caregivers want.
- It is important to teach and support family caregivers.

