

Frailty and Ageing



Older people have complex and diverse health and care needs.



Frailty is **NOT** an inevitable part of ageing and measures can be put in place to **slow its onset and progression**.



Frailty may affect up to half the population aged >85 years and costs the UK healthcare system **£5.8 billion GBP per year**.



Preventing frailty allows people to **live independently for longer**, reducing the demand on healthcare services.

Comprehensive Interdisciplinary Assessment and Person-Centered Care Planning



BGS's Recommended 7 System Touchpoints

Investing in all these touchpoints creates a comprehensive wrap-around system of care that supports older people to age well and live well for longer.



Conclusions



Older demographics are the main users of health and social services, mainly due to **frailty and multimorbidity**.



Implementing of a **sustainable integrated model**, recommended by the BGS, **improves how services work** for this age group, extending healthy living years, delaying frailty, and alleviating pressure on healthcare.

Key

BGS: British Geriatrics Society ; ICT: information and communications technology.

References

1. British Geriatrics Society (BGS). BGS joining the dots: a blueprint for preventing and managing frailty in older people 2023. Available at: https://www.bgs.org.uk/sites/default/files/content/attachment/2023-03-06/BGS%20Joining%20the%20Dots%20-%20A%20blueprint%20for%20preventing%20and%20managing%20frailty%20in%20older%20people_3.pdf. Last accessed: 20 April 2023.
2. Clegg et al. Frailty in elderly people. *Lancet*. 2023;381(9868):752-62.
3. Han et al. The impact of frailty on healthcare resource use: a longitudinal analysis using the Clinical Practice Research Datalink in England. *Age Ageing*. 2019;48(5):665-71.