

# AGE SELF-CARE:

## Promoting healthy aging with a group visit program

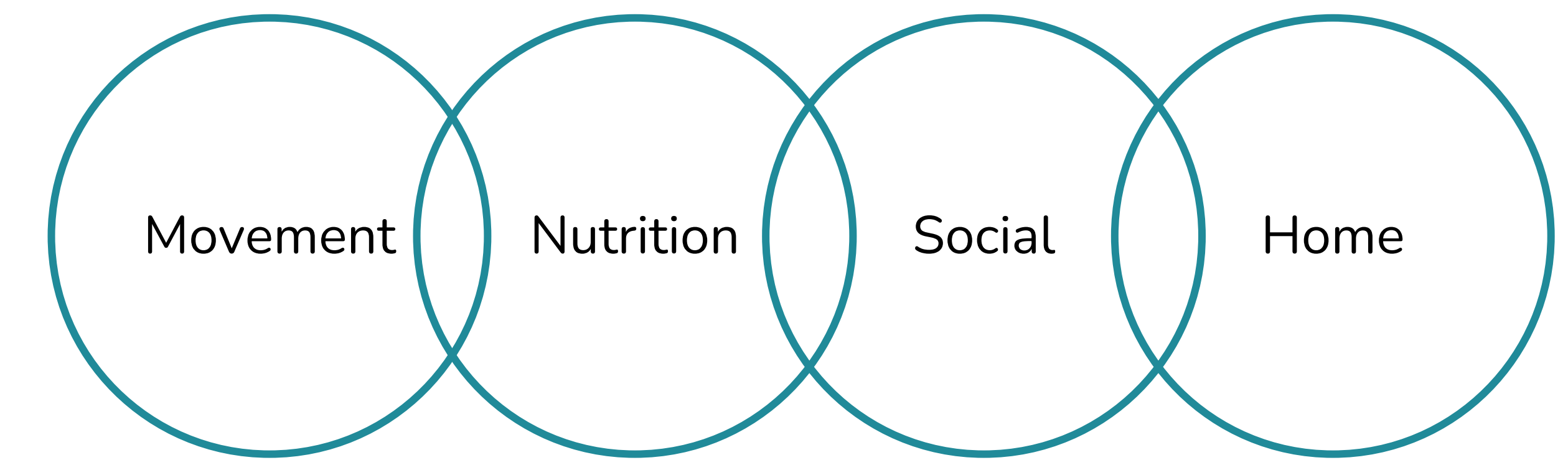
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### Background

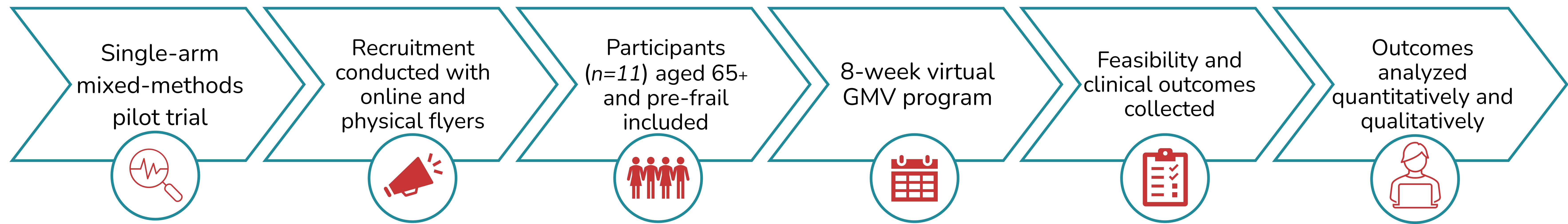
- Older adults experience higher burdens of chronic disease across multiple body systems and an increased risk of frailty
- Frailty prevention and management strategies are limited
- Leveraging multi-level interventions like group medical visits (GMVs) can potentially address this complex condition

### Themes of AGE SELF-CARE

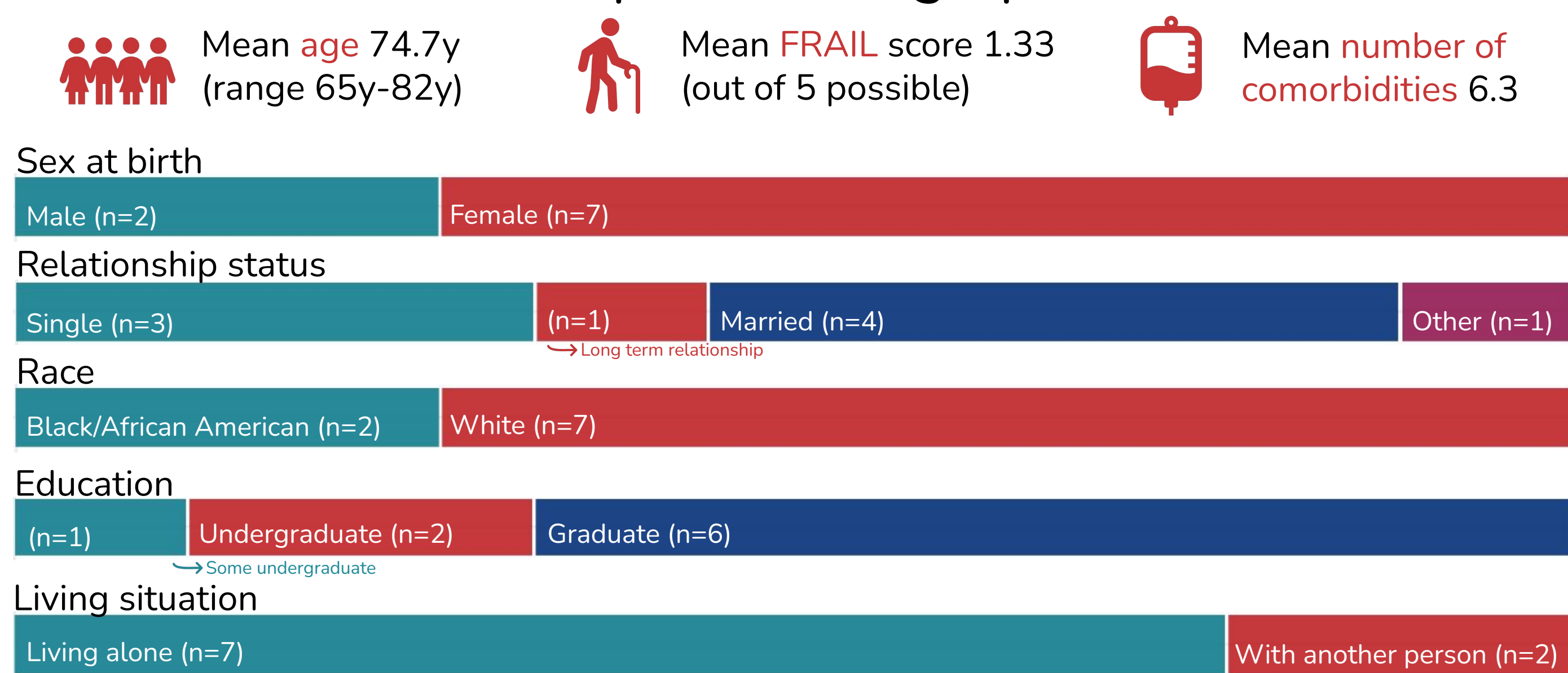


**Aim:** Assess the feasibility and acceptability of implementing a GMV program in older adults with pre-frailty

### Methods

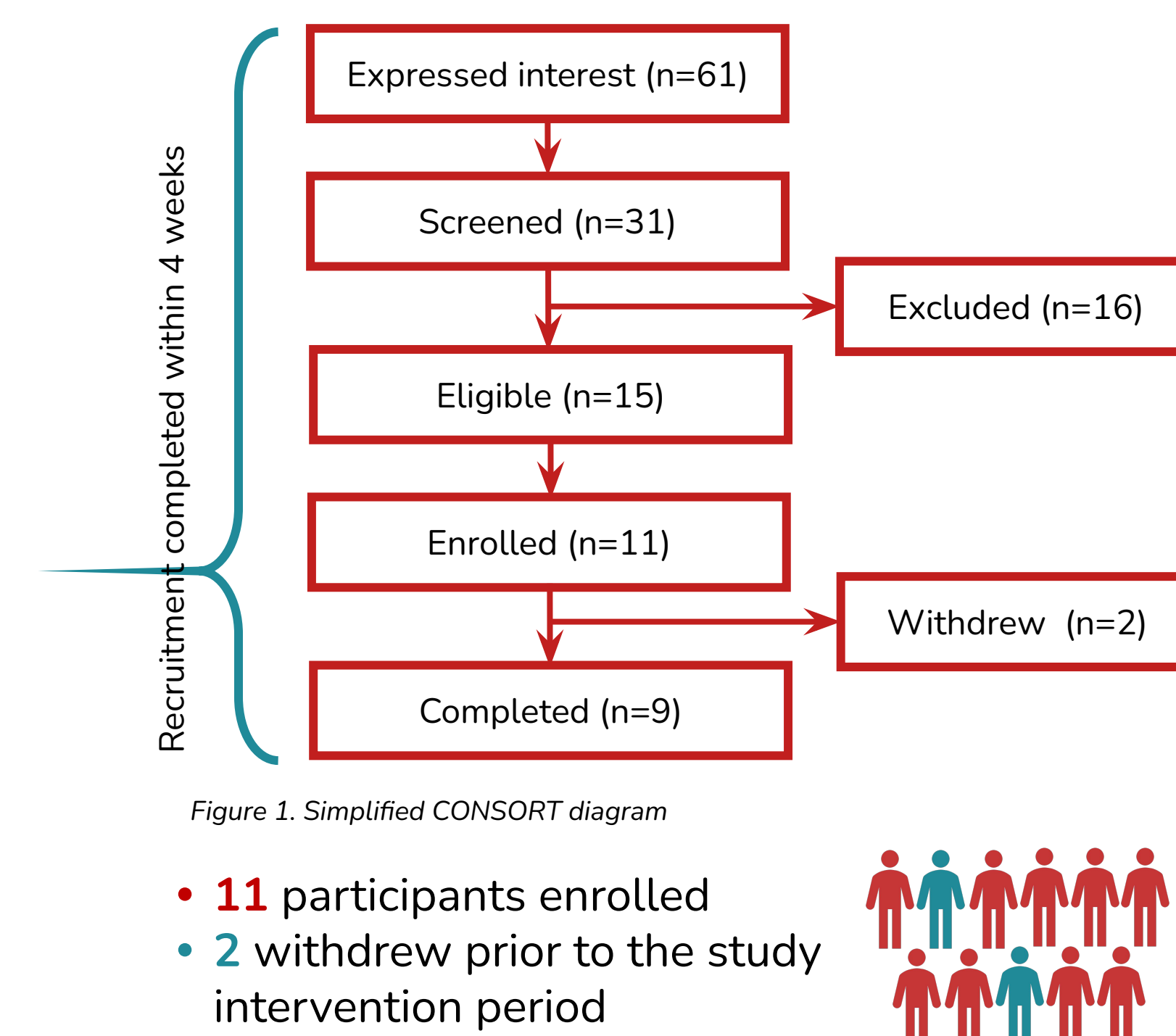


### Participant Demographics

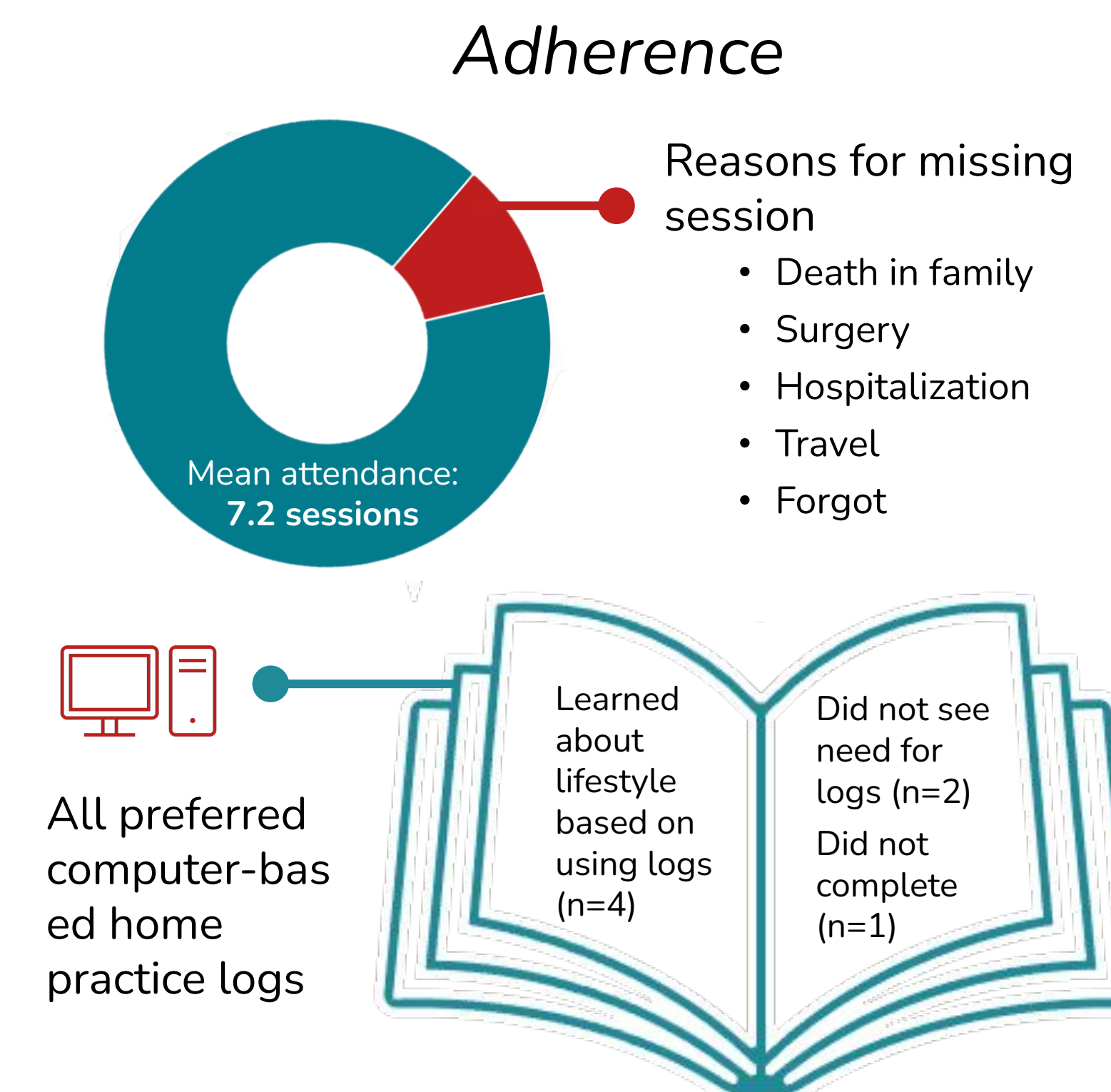


### Results

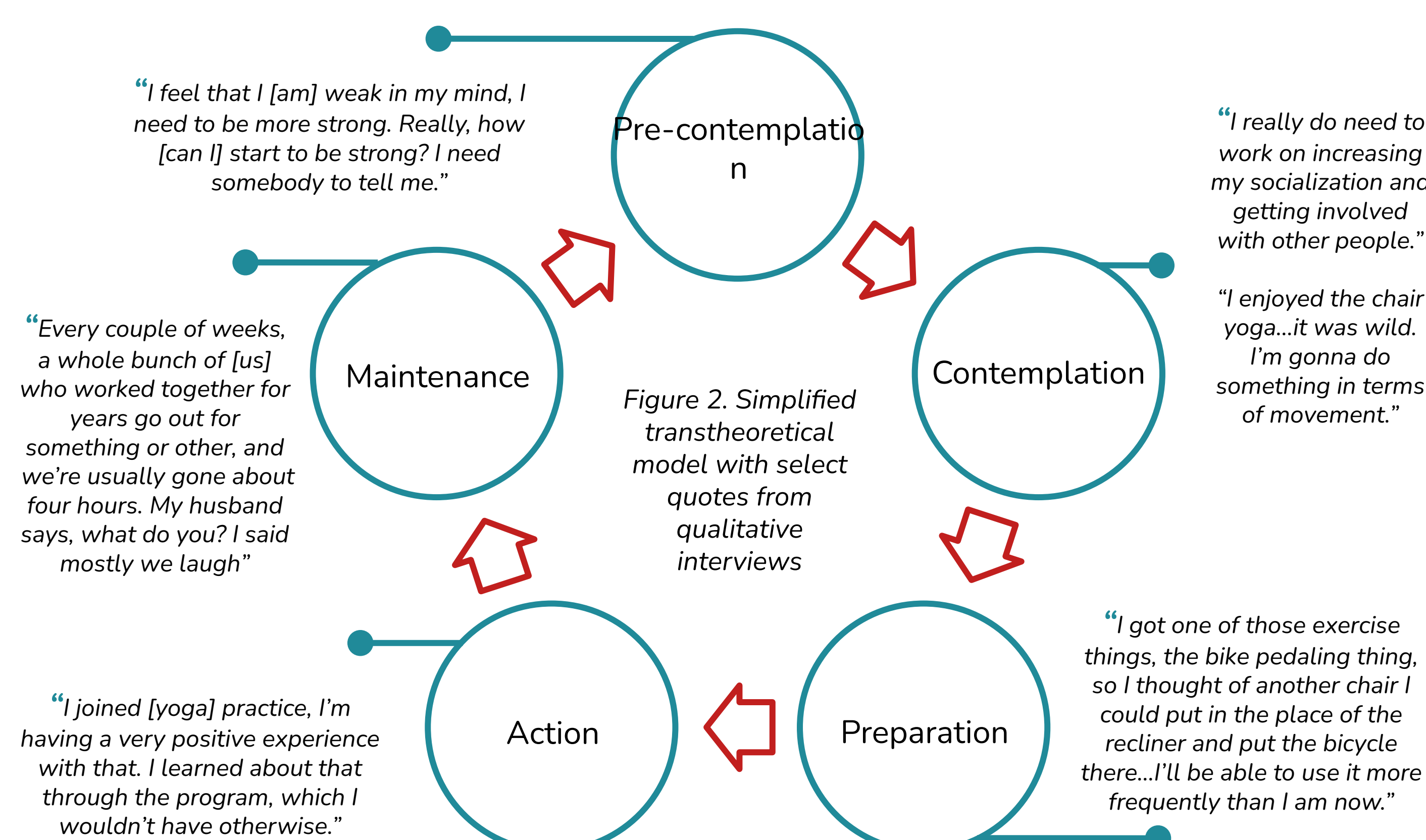
#### Recruitment and Retention



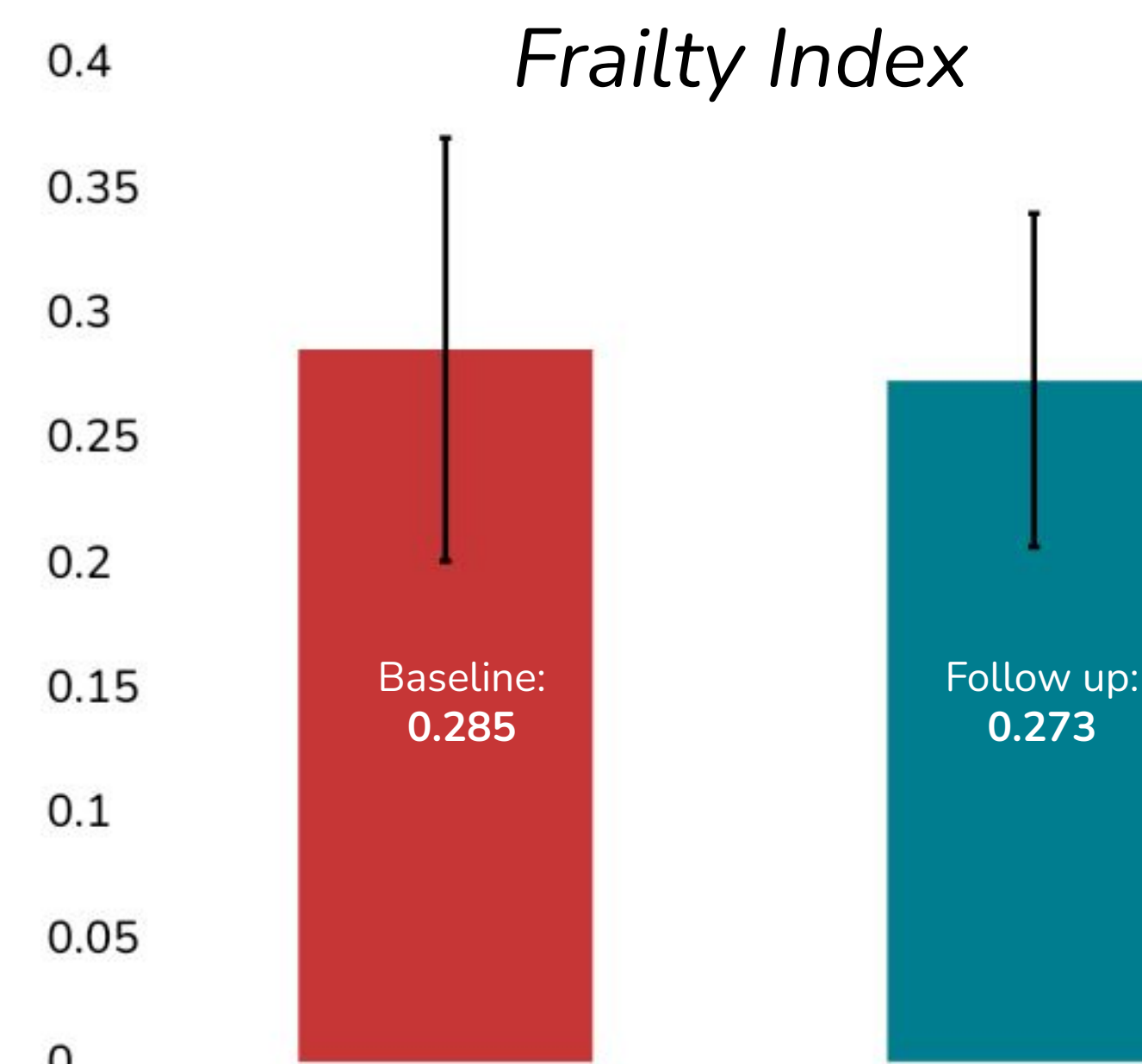
#### Feasibility Outcomes



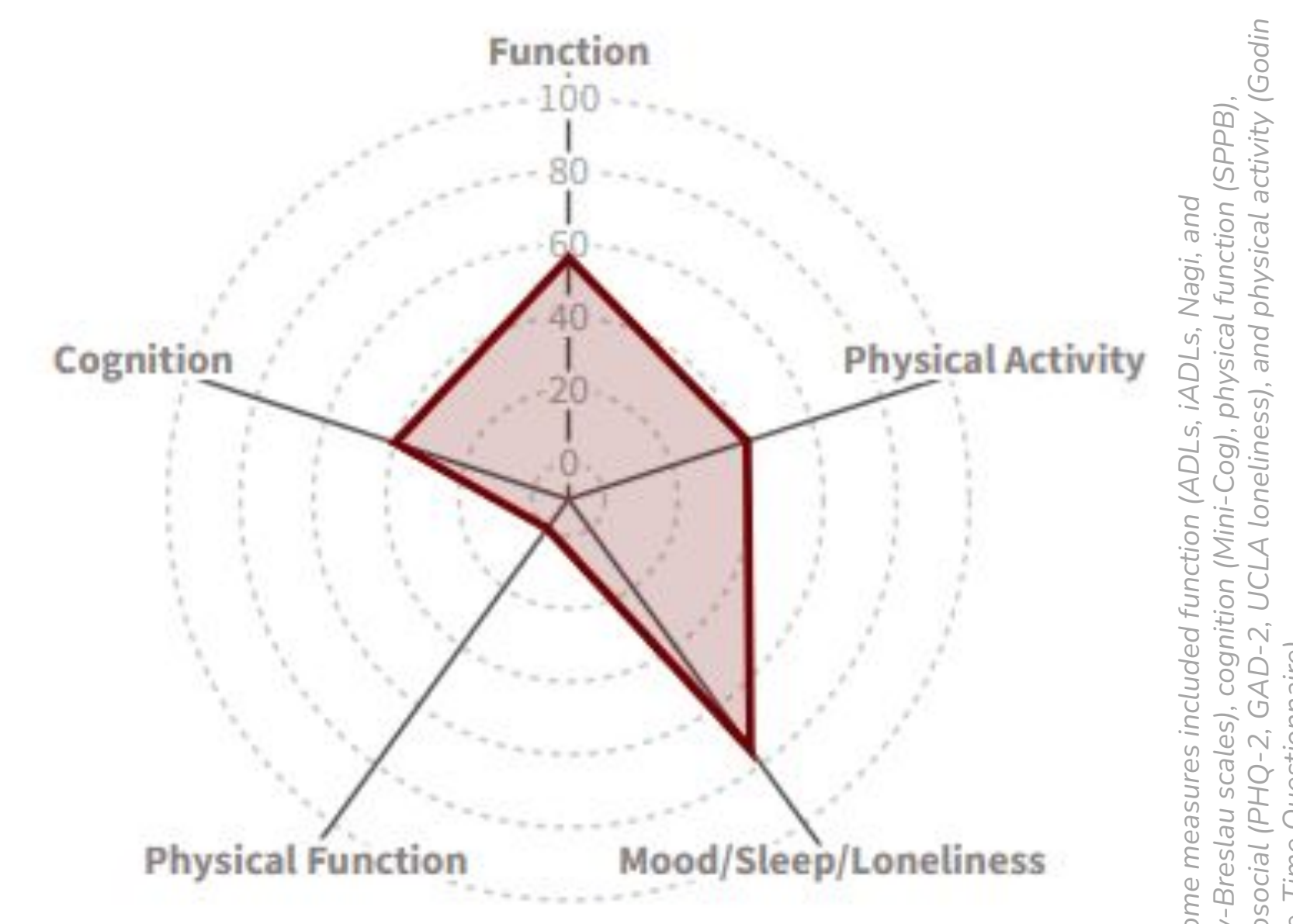
### Qualitative Analysis



#### Frailty Index

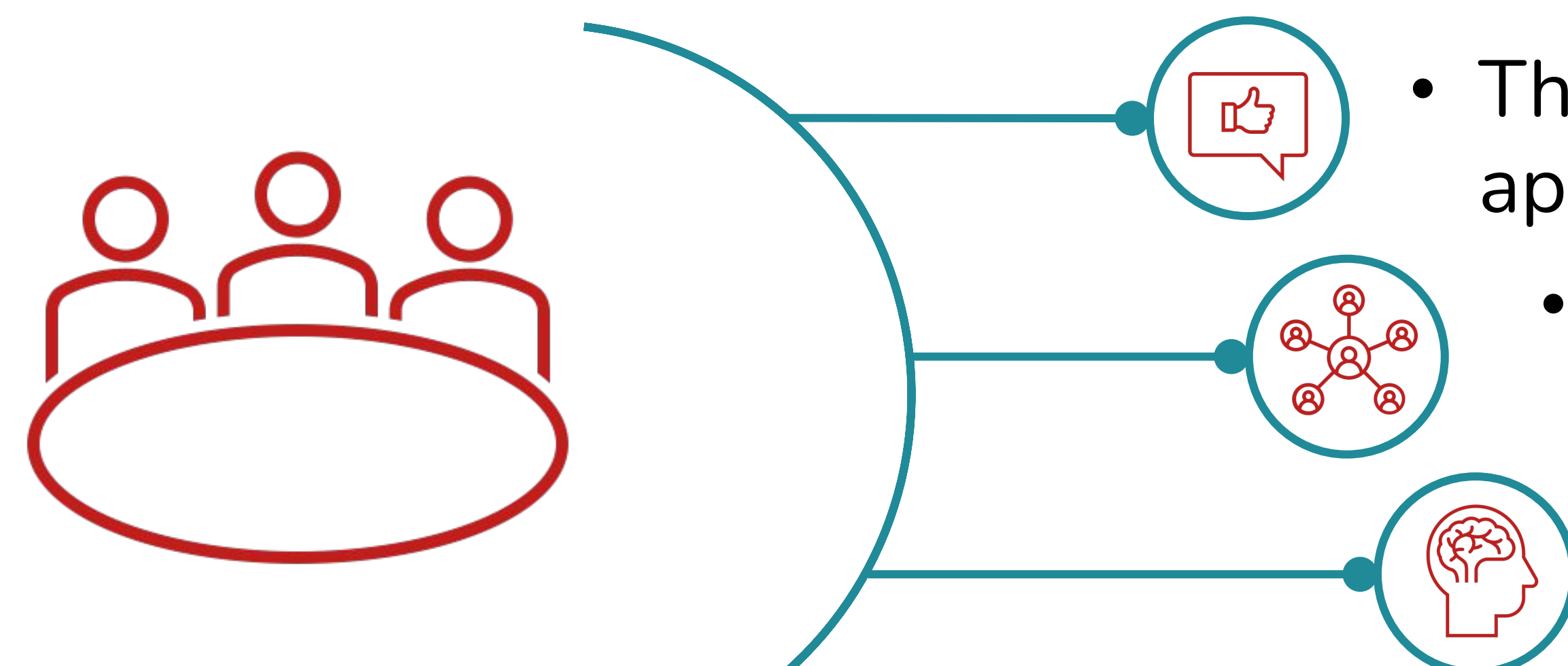


#### Clinical Outcomes



- Mean frailty index scores were reduced from baseline to follow-up (Fig 3)
- Improvements across the measured domains of frailty varied by participant

### Conclusions



- The intervention was feasible and acceptable, representing a novel approach to pre-frailty management
- Group participation and practicing mind-body skills helped to facilitate lifestyle change
- Future studies can emphasize mind-body practice components and work to scale up program implementation



Read more on [clinicaltrials.gov](https://clinicaltrials.gov)



