



Optimising Health Care For Your Residents



A Message From Our CEO

It is my absolute pleasure to welcome you to Frailty Care, a fully CQC registered service.

You're about to read the many benefits of our service and why it is in such desperate need, so I won't spoil the read! What I will say is this; our service was born out of a deep frustration with and bewilderment at the current standards of care. We are failing our elderly population, and it's nothing short of a travesty. Many of your residents are at a stage in life where they have just one chance to maintain their quality of life. Our mission is to ensure that this quality - and their good health - lasts for as long as possible.

Frailty Care is not just a response to a need; it is a passionate commitment to enhancing the lives of those who need our care the most. Our service is not just about addressing the medical needs of frail older adults; it's also about honouring their life stories, respecting their dignity and supporting them in living life to the fullest, no matter the challenges they face. We understand that frailty is not just a medical condition but a life experience and we are here to support every aspect of that journey.

As you learn more about what we offer, I hope you'll see that our values align closely with your goals. Together, we can make a real difference, ensuring that every resident receives the care and attention they deserve in this critical phase of their lives.

Enjoy the read!

Dr James Quigley
BSc, MBBS, MRCP(UK)

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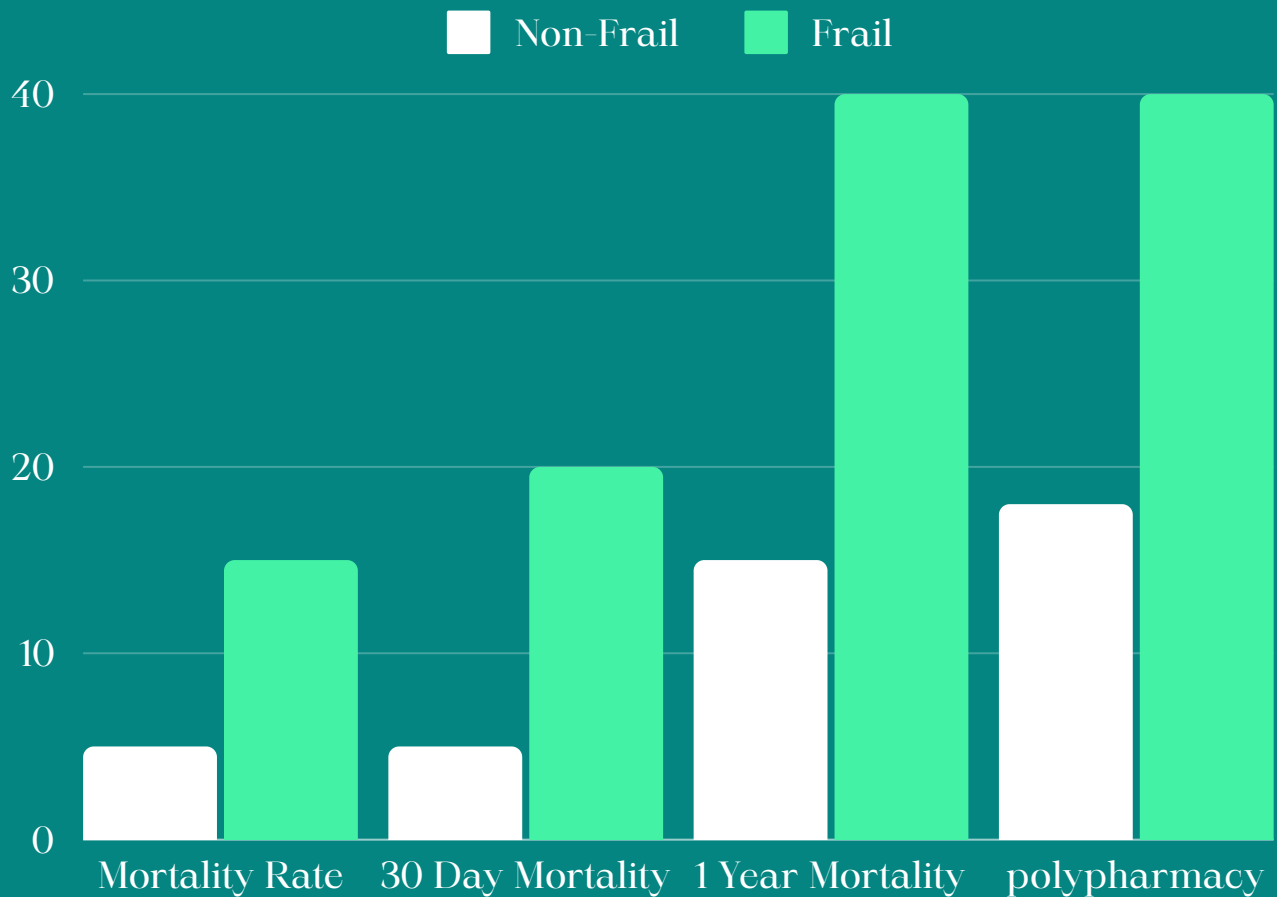
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INTRODUCTION

Does Frailty Matter?



The Damning Evidence

- Frail patients have a **15% in hospital mortality** rate compared to 5% for non frail patients*
- Frail patients have a 30 day post discharge mortality rate of 20% and a **one year mortality rate of 40%** compared to 5% and 15% respectively*
- Frail patients are more likely to be mismanaged - **40%** of NHS patients have **inappropriate polypharmacy** - doubling fatality rates*

*Journal of American Medical Association 2017, BMJ quality & safety, Age & Ageing Clegg et al 2016.

Are You Actively Addressing Frailty In Your Residents?

British Society of Geriatrics...

The NHS does not support routine population screening for frailty because of the considerable cost of completing assessments

- Frailty is a condition associated with aging that involves a decline in both physical and mental reserves, making individuals more vulnerable to a plethora health complications from minor stressors such as constipation, medication or change in environment - see figure below.
- Recognising, diagnosing, measuring, tracking and treating frailty is crucial as it improves quality of life and maintains or improves independence at its core. Without this patients suffer avoidable harms and quicker deterioration in function both cognitively and physically leading to loss of independence and well being.

Frailty is modifiable - we can greatly improve the quality of life experienced by those suffering with frailty!



Are you actively
addressing frailty in
your residents?



Failures of the NHS and our Mission

Failures

The NHS suffers significant challenges in meeting the needs of our elderly population, often due to time constraints, gaps in specialised resources and funding limitations. Medical care frequently becomes disjointed, with a focus on disease rather than the unique needs of the individual - the opposite to good practice.

At Frailty Care, we guarantee that you will be looked after by a Doctor with discernible experience in the frailty specialism and receive the highest standards of care.

We provide regular reviews as standard to reduce avoidable harms (such as falls, delirium, electrolyte disturbances, fractures, etc.), which are just not feasible within the constraints of the NHS.

“

Like diabetes or Alzheimer's disease, frailty is a long-term condition. An individual's degree of frailty is not static. It may be made better or worse, depending on the care received when an individual presents to a health professional.

”

Our Mission

- To breathe fresh air on the health of your residents. We are driven to expand on your already dedicated and empathetic care and contribute to your residents wellbeing in the best possible way - keeping them healthy, safe and as independent as possible.
- To succeed in matching the complex and time consuming needs of the older adult with our specialist Frailty Doctors who assess, track and tackle frailty head on.
- To provide patient focused care, developing strong relationships and protecting individual autonomy and independence with ongoing monthly consultations.
- To treat each care provider as an individual entity, tailoring our service to streamline the overall holistic care provided by all involved.

“

Older people with frailty are at risk of adverse outcomes such as dramatic changes in their physical and mental wellbeing after an apparently minor event which challenges their health, such as an infection or new medication.

”

A SnapShot of the Service

The service is evidence based and delivered by our Specialty Frailty Doctors

Functional

Will improving mobility impact positively on your residents?

We perform a multitude of functional assessments to establish both a physical baseline & falls risk. Once a baseline has been established we can first highlight at risk residents & work with them improve functional ability, reduce the risk of falls and minimise deconditioning.

Cognitive

Is functional cognition essential for improved quality of life?

It is essential to diagnose cognitive impairments early and to help the individual navigate their journey through debilitating diseases such as dementia. From diagnosis to managing patients with distressing symptoms, we are on hand to help. We also screen every person for depression which is commonly underdiagnosed in our elderly, dependent population.

Fracture & Falls Avoidance

What is the impact of a hip fracture on an elderly person?

Osteoporotic hip fractures can be life changing for our maturing population. Previously independent people can have their quality of life ripped from them overnight. We can reduce the likelihood of sustaining a fracture by proactively assessing peoples bone health and making the necessary interventions early to prevent future fractures.

Polypharmacy

How often are people blindly continued on medications started during an earlier period of their life?

This practice leads to avoidable harms like falls, accelerated dementia, confusion, blood pressure issues - the list goes on and on. We dedicate the time to perform polypharmacy reviews and ensure your resident is on the correct medications for their individual physiological state and goals.

Regularly reviewing all aspects of your residents health with the goal of improving quality of life by promoting independence, autonomy and reducing avoidable harms

Physical Examination

Can a medical consultation be complete without a physical examination?

At Frailty Care we strongly believe face to face, physical examinations are the bread and butter of medicine and should be a bare minimum. Without this, essential findings are missed and mistakes are made. Rest assured that we are as diligent and meticulous as possible throughout.

Monthly Reviews

Is it logical for changes to be made to care plans without close follow up?

Frequent reviews are the key to safely managing the health of your residents and providing the best health care possible. Frailty Care provides monthly reviews to all our clients so any interventions are safely monitored. Yearly, a comprehensive geriatric assessment is performed which allows us to monitor your residents over time and highlight any concerns as and when they develop.

Advance Care Plans

Will your residents benefit from ongoing review of advance care plans?

Our Doctors pride themselves on developing strong relationships with your residents. We are compassionate, caring and have the time to explore the thoughts, ideas and expectations of your residents. As the individual's health changes advanced care plans are openly discussed and updated with family input included.

Audit

Did you know audits are frequently referenced in outstanding CQC reports.

The Frailty Care service is regularly audited to ensure we are achieving key outcomes, these can be made available to our partners and used to prove you are actively matching the CQC's criteria for excellence.

FOR THE INDIVIDUAL

Will your residents see the benefit?

The Big Picture

Intervention is aimed at improving physical, mental and social functioning to avoid adverse events, for example, injury, hospitalisation or institutionalisation. This contrasts with the strictly disease orientated biomedical approach taken to many other long-term conditions.

Frailty services work to improve the overall wellbeing of residents & mitigate the progression of age-related disease. Through improved mobility, slower cognitive decline and better emotional health, your residents will experience greater independence and well being.

The Breakdown

Monthly reviews ensure consistent contact, eliminate waiting lists and allow for proactive medical intervention before irreversible conditions develop. Since individuals with frailty have a critical opportunity to prevent deterioration, frailty care is crucial for your residents.



“Evidence shows that the risk factors for frailty are also risk factors for dementia. This means that a health promotion and preventative approach may impact on population health in both domains

”

FOR THE INDIVIDUAL

Will your residents benefit?

A

Improved Well-Being

Through comprehensive assessments we ensure all aspects of emotional, cognitive and physical wellbeing are considered and personalised care plans are formulated from this information. Plans address the specific needs and goals of the patient, enhancing the effectiveness of interventions.

B

Reduced Mortality & Morbidity

By addressing frailty proactively, your residents can experience improved overall health, fewer complications from chronic conditions, reduced cognitive/physical decline and prevent hospital admissions.

C

Falls Prevention

Less falls, less fractures - giving your residents the confidence to be more independent, physically active and engaged in activities around the residence.

D

Enhanced Communication & Empowerment

We provide improved communication and medical advice for the resident and family members. Whether its to interpret a cryptic hospital result, or to discuss chronic disease management we are always happy to help - giving your resident the knowledge to make empowered decisions.

E

Medication Management

Your residents receive careful review and management of their medications, reducing unwanted side effects, adverse drug reactions and pill burden.

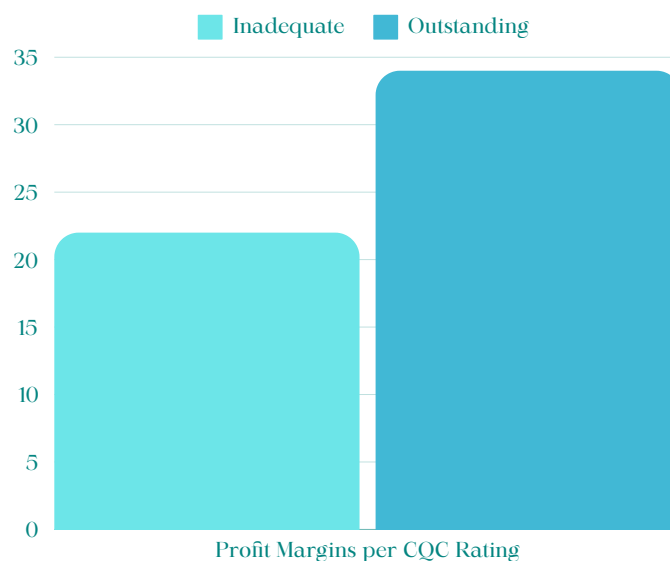
FOR THE INSTITUTION

Value Added For You

Your job requires a dedication and passion to help others and contribute to your residents well being in the best possible ways. We are entirely aligned to this goal, we want your residents happy, thriving and living the best quality of life they can. The Frailty Care service is tailored to meet the unique needs & preferences of each institute we partner with - forging a strong support system for your residents. We prioritise their individual and unique health needs and foster an environment of trust and well being.

Designed with cost effectiveness at our core, Frailty Care ensures your residents are as healthy as they can be - more robust residents with less delirium, less falls, less admissions, less upheaval & less paperwork. We help to curtail the manifestation of more complex care needs resulting in significant long-term cost savings. Happier residents & happier family members lead to 5 star reviews.

Frailty Care are specialists in the health needs of your residents, but we also consider your needs as a business and adding value to this is critical to our success. We work to compliment the great care you already provide to create the best health care and strategies for your residents.



Did you know research found homes with outstanding CQC rating trade at a profit margin of 34% compared to 22% for inadequate homes?

REGULATORY ADVANTAGES

Improved CQC Ratings?

The CQC consistently reference the following points in reviews rated as outstanding. Will you instruct Frailty Care to deliver on these for you?

A

Safety

- Health assessments
- Staff aware of peoples health conditions
- Regular medication reviews
- Independence encouraged
- Clear management plans

B

Well Led

- Working in partnership with other professionals
- Positive family reports
- Support people to have maximum choice & control of their lives

C

Caring

- Promote peoples independence
- Promote autonomy
- Keep the individual at the centre of the business

D

Responsive

- Individualised Care
- Proactive end of life discussions and plans in place
- Service Audits & specifically post death audits
- Access to health services

E

Effective

- Focus on quality of life, care, treatment and support
- Highlighting at risk patients
- Use appropriate scoring systems
- Focus on reduction in falls

CONTACT US

Next Steps



Are you actively looking to provide your residents with best quality of life possible?

We are actively looking to expand our partnership network.

Please contact James below to arrange a site visit and explore how Frailty Care will complement your current care.

James@FrailtyCare.com
07766886448



Thank You