HOLISTIC APPROACH TO FRAILTY SCREENING & MANAGEMENT IN PRIMARY CARE

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Why Managing Frailty is Important?

Frailty: A state of increased vulnerability, with reduced physical reserve and loss of function across multiple body systems.





of seniors 65+ in Ontario by 2051²

1.1M



of seniors 65+ living with frailty by 2040³

70%

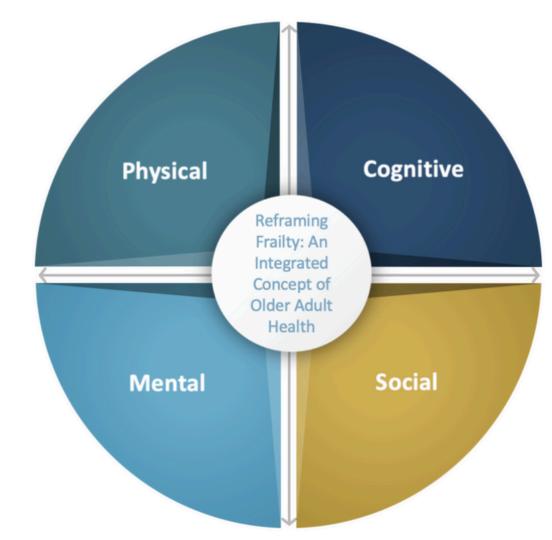


% of medium to highfrailty groups have **5+** chronic diseases 20%



% of seniors 65+ experience mental health problems such as anxiety or depression ⁵

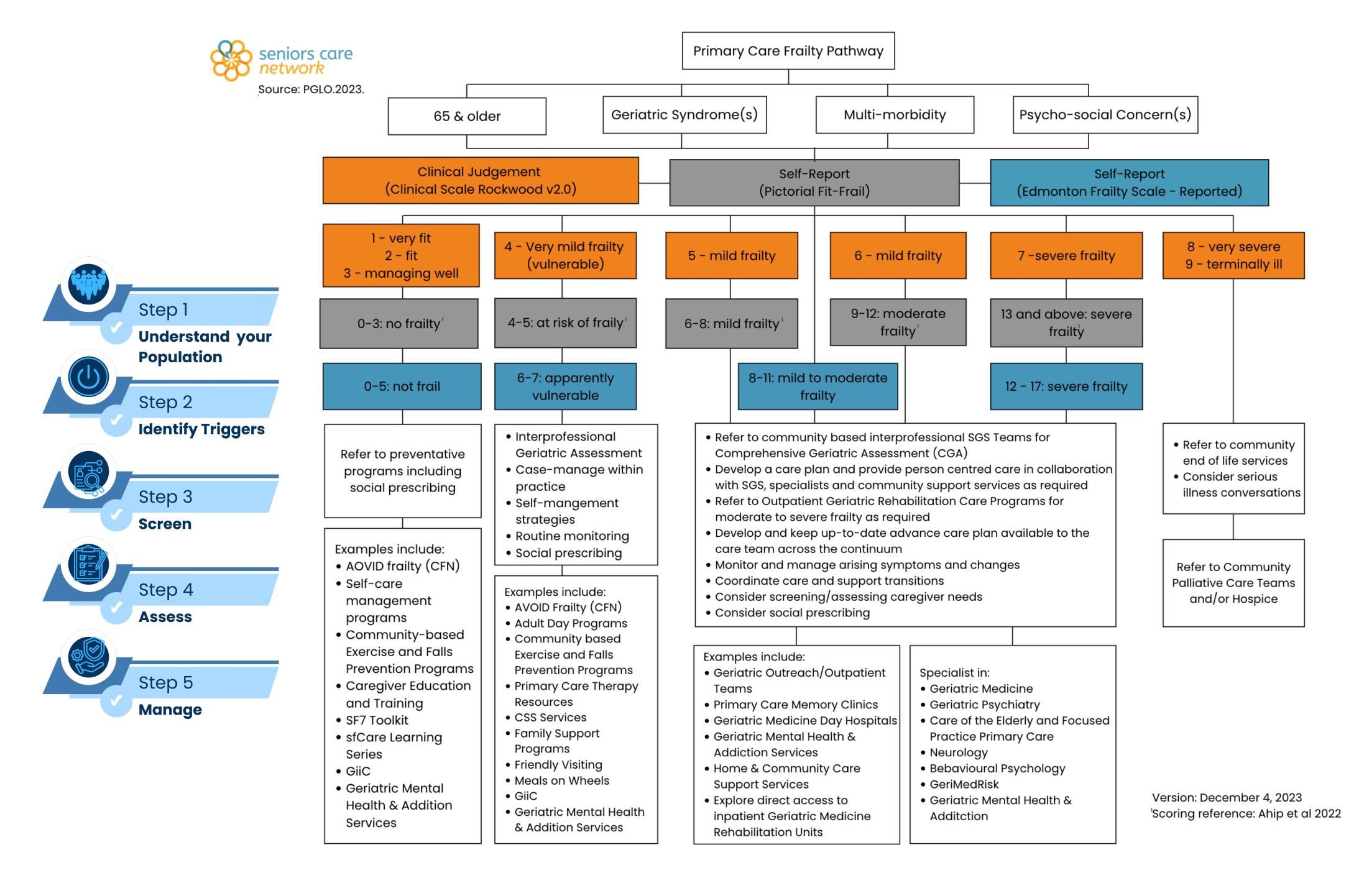
Figure 1. Domains of Frailty



Multiple domains are needed to consider when assessing frailty to obtain a comprehensive understanding. Supporting older adults with complex needs requires holistic, coordinated, and integrated approaches to promote independence and quality of life, and prevent adverse events (e.g. falls, institutionalization), also sometimes referred to as Frailty pathways.⁶

What Can We Do?

5-Step Approach Primary Care Frailty Pathway



Reference

(1) https://geriatricsontario.ca/resources/consensus-statement-care-for-the-older-adult-with-complex-health-conditions-reframing-frailty-in-an-ontario-context/ (2) https://www.ontario.ca/page/ontario-population-projections#:~:text=The%20number%20of%20seniors%20aged,of%20baby%20boomers%20turn%2065. (3) https://geriatricsontario.ca/news/more-than-1-1-million-older-adults-may-be-living-with-frailty-by-2040/#:~:text=The%20number%20of%20people%20aged,million%20older%20Ontarians%20by%202040.

(6) https://www.seniorscarenetwork.ca/scn-resource/frailty-screening-%26-management-in-the-community

(4) Mangin D, Lawson J, Risdon C, et al. Association between frailty, chronic conditions and socioeconomic status in community-dwelling older adults attending primary care: a cross-sectional study using practice-based research network data. BMJ Open. 2023;13(2):e066269. https://doi.org/10.1136/bmjopen-2022-066269

(5) https://geriatricsontario.ca/wp-content/uploads/2024/10/2024-09-13-Seniors-Mental-Health-In-Ontario-Consultations_FINAL.pdf





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