

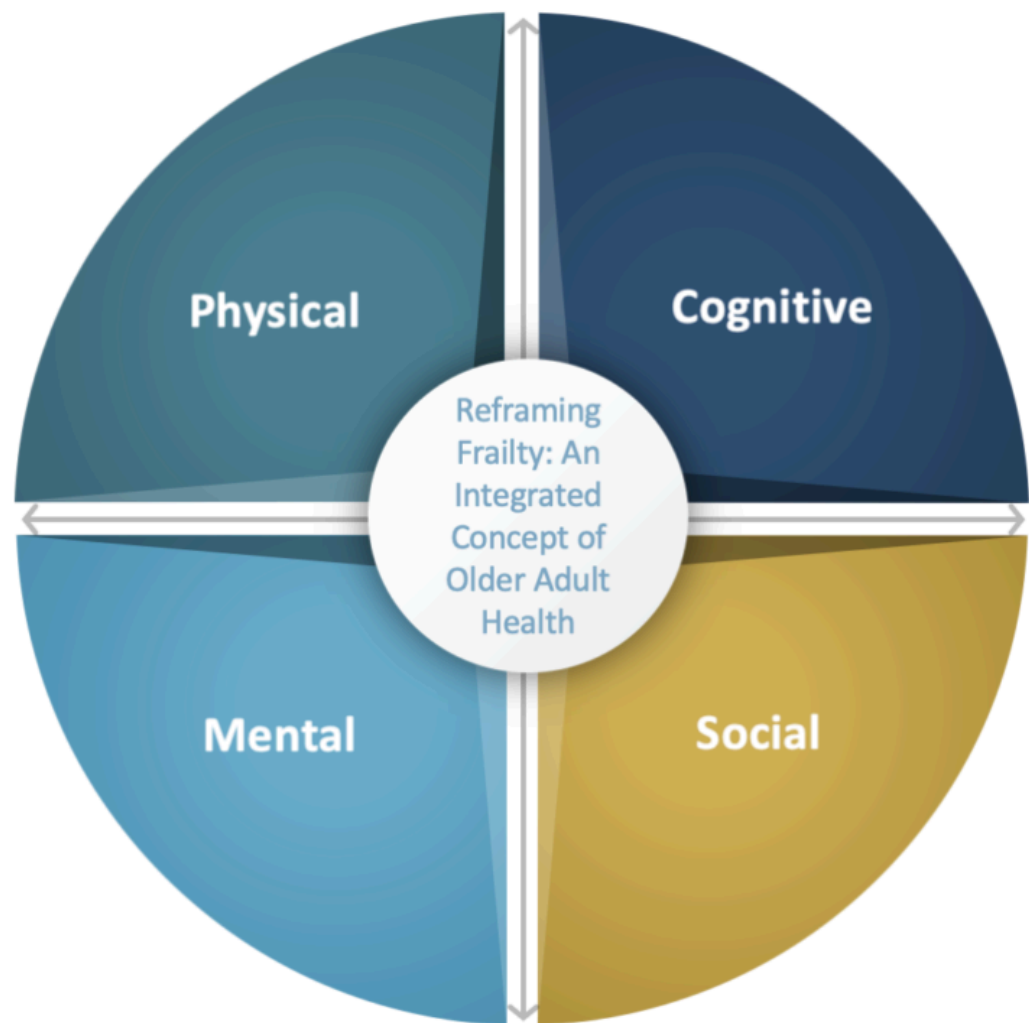
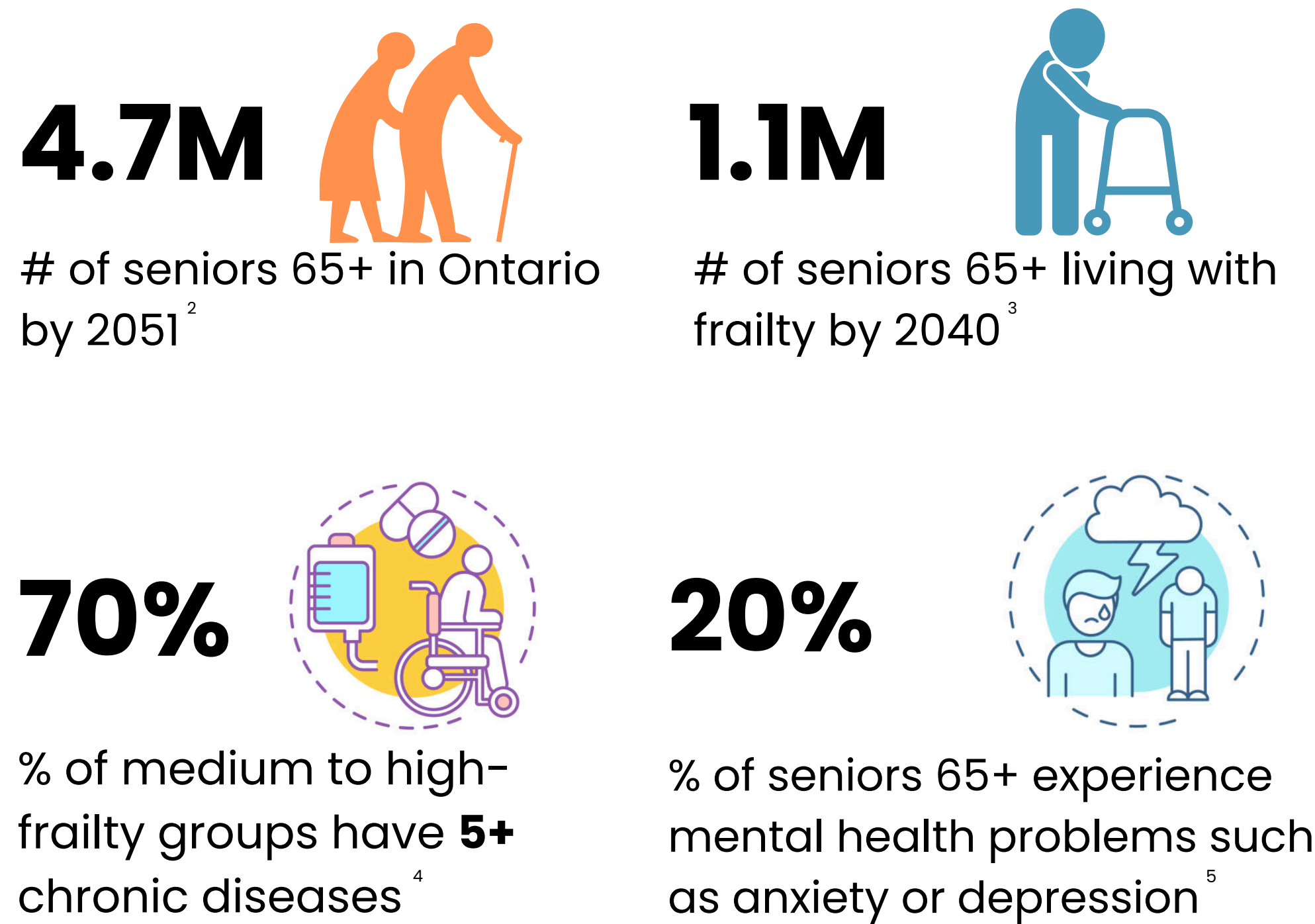
HOLISTIC APPROACH TO FRAILTY SCREENING & MANAGEMENT IN PRIMARY CARE

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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**.¹

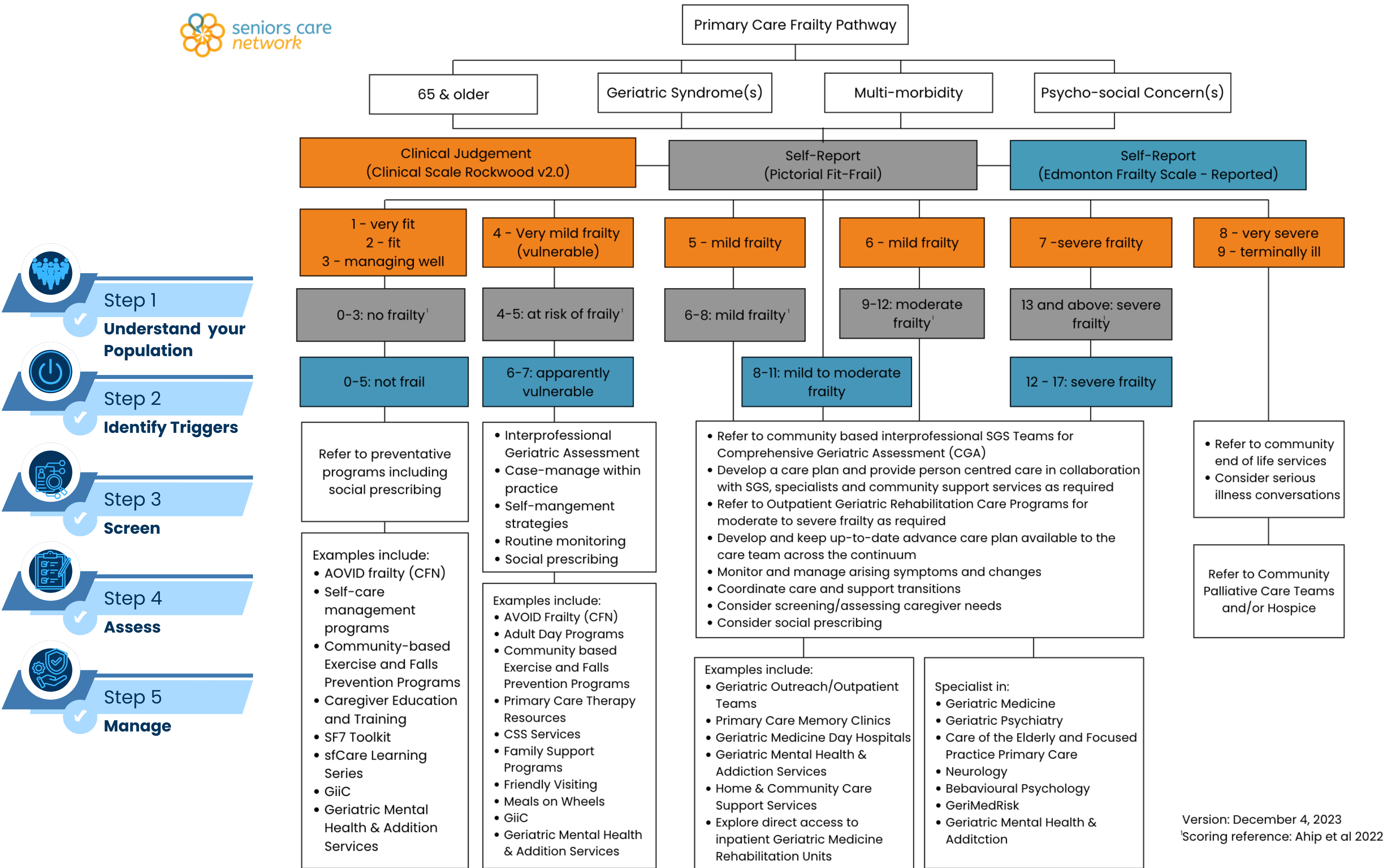
Figure 1. Domains of Frailty Source PGLO 2023



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%20in%202065.>

(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.>

(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

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



Scan to see the full guidance document