



*Frailty & Aging in Place:
How We Can Make a
Difference*

Empowering communities to support older adults to live safely, independently, and with dignity.

Frailty- Always been a part of EPIC

- When developing EPIC- Frail Seniors is what brought us together
- First Brochure- How are you Aging? worked with Dr Rockwood to adapt the Frailty Scale to bring attention into community and families
- Frailty pilot project in Ladysmith taught us a lot about identifying frailty and wrapping support around those who were identified
- Has always been something we have discussed but have never addressed as a broader community.

Why This Matters

- Canada is aging: By 2030, 1 in 4 people will be 65+
- Many want to stay in their own homes, but need **support** to do so safely.
- **Frailty is one of the biggest risks** to aging in place—but it's often misunderstood.
- **Your role** as volunteers and community members is critical.

What Is Frailty?

- Frailty is a **medical condition**, not just “old age.”
- It means the body is **less able to cope with stress** (like illness, falls, or heat).
- Often includes:
 - **Muscle weakness**
 - **Fatigue**
 - **Slower walking**
 - **Unintentional weight loss**
 - **Poor balance or mobility**

Why Frailty Matters

- Increases risk of:
 - Falls and injuries
 - Hospital stays
 - Loss of independence
 - Isolation and depression
- But it's **not irreversible**. With support, frailty can be **delayed, slowed, or even improved**.

How You Can Help – Early Detection

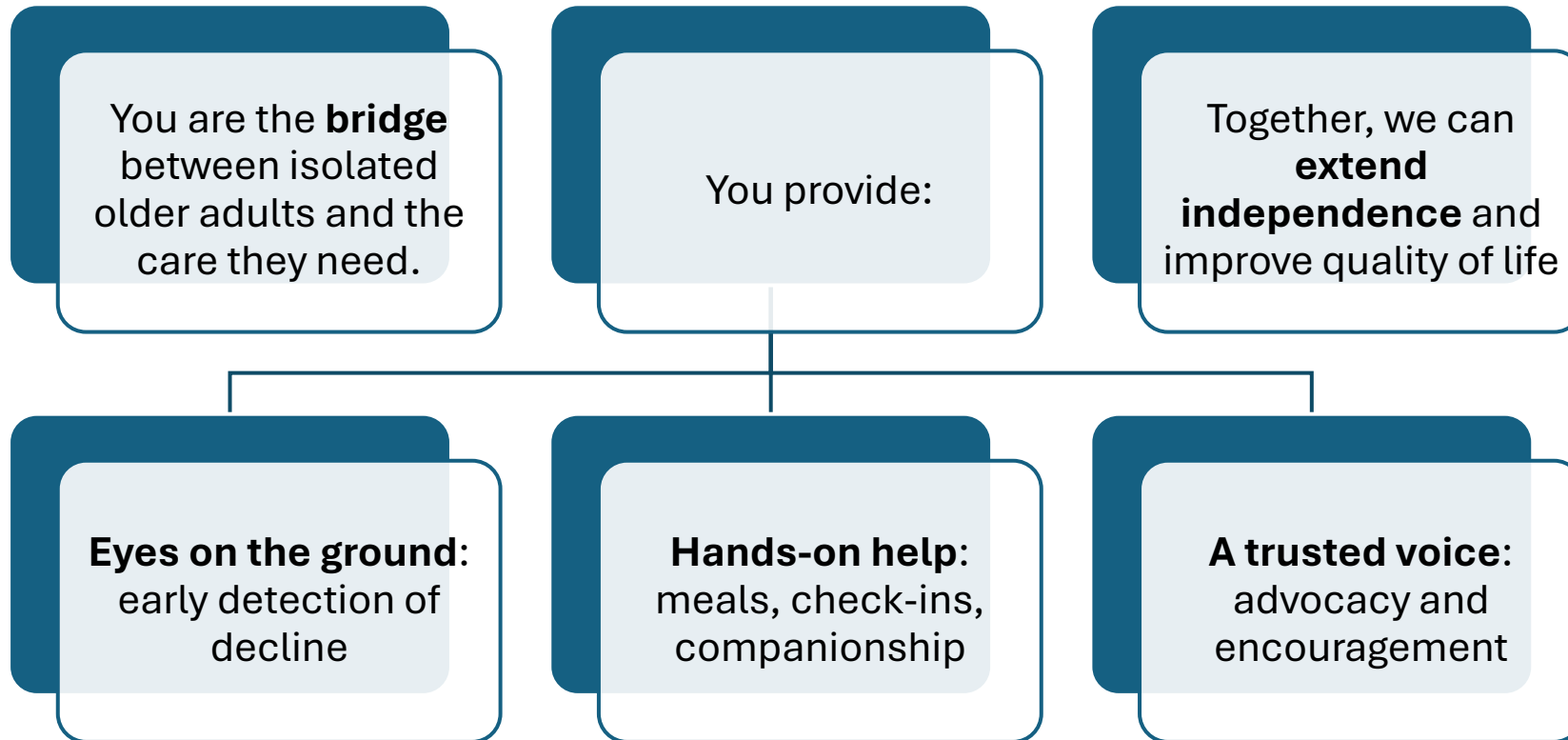
- You're often the **first to notice small changes**.
Watch for:
 - Less energy or enthusiasm
 - Trouble walking or getting up
 - Noticeable weight loss
 - Forgetfulness or confusion
 - “Just not themselves”

How You Can Help – Ongoing Support

Even small acts go a long way:

- **Encourage physical activity:** walk together, promote movement.
- **Support nutrition:** meal delivery, grocery help, eating together.
- **Social connection:** regular visits reduce isolation and depression.
- **Check home safety:** suggest lighting, rails, clear walkways.
- **You don't need to "fix" anything—just showing up consistently is powerful**

The Role of Community Organizations



Working Together: Health & Community Partnerships

- Frailty care needs a team approach
- Health professionals provide clinical support and care plans
- Community organizations offer daily check-ins, trust, and access
- Regular communication improves outcomes and prevents crises
- Strong partnerships = safer aging at home

Takeaway Message

Frailty is:

- **Common**, but **not a normal part** of aging
- **Manageable** with the right support
- Something we can **act on early**

Community support:

- **Delays decline**
- **Keeps people safe at home**
- **Gives families peace of mind**

Addressing Frailty Across the Spectrum

Using Frailty as a Lens- Let's Develop Next Steps Together