

# HOLISTIC APPROACH TO FRAILTY SCREENING & MANAGEMENT IN COMMUNITY

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## Why Manage Frailty is Important?

**Frailty:** A state of **increased vulnerability**, with **reduced physical reserve** and **loss of function across multiple body systems**.<sup>1</sup>



**80%**

Ontario's ALC designations are attributed to older adults<sup>2</sup>



**2X**

Waitlists for longterm care have doubled in 10 years<sup>3</sup>



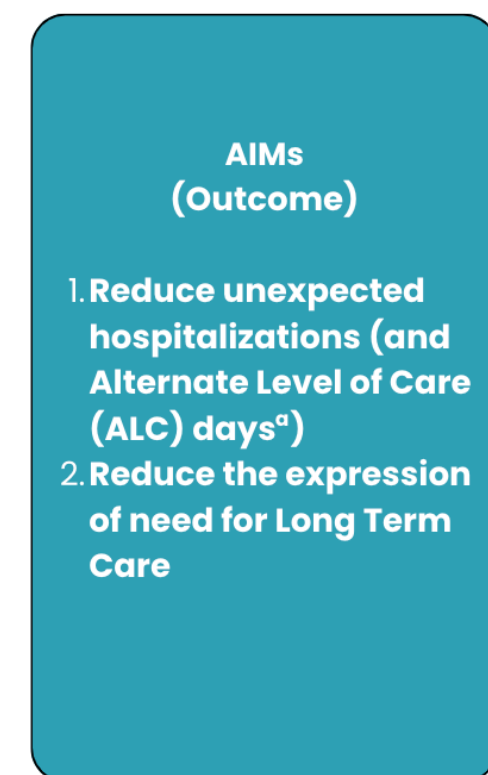
**4.7M**

# of seniors 65+ in Ontario by 2051<sup>4</sup>

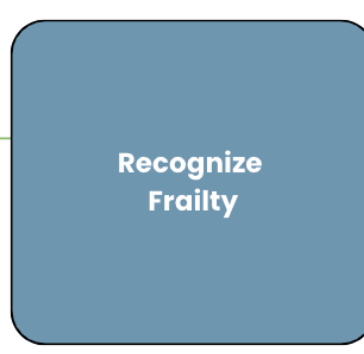
**Figure 1. Influencing ALC Rates from the Community: A Driver Diagram**

Source: PGI.O.2023.

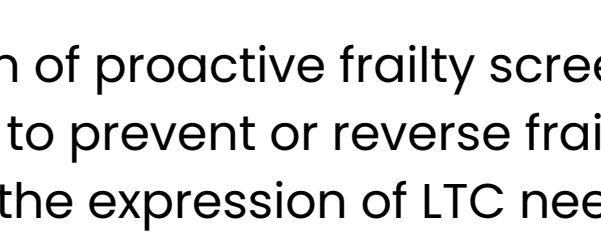
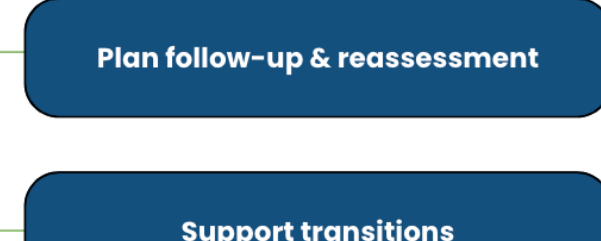
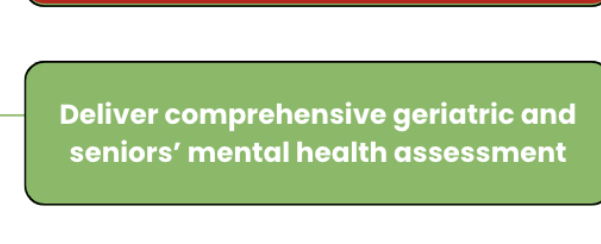
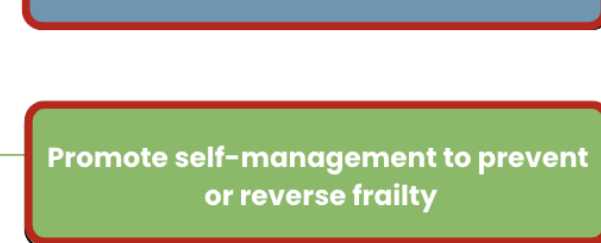
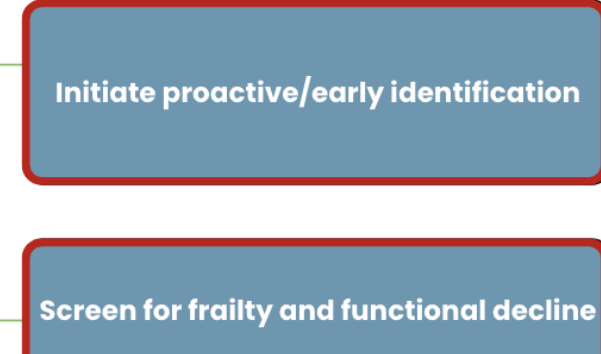
**Influencing ACL rates from the Community: A Driver Diagram**



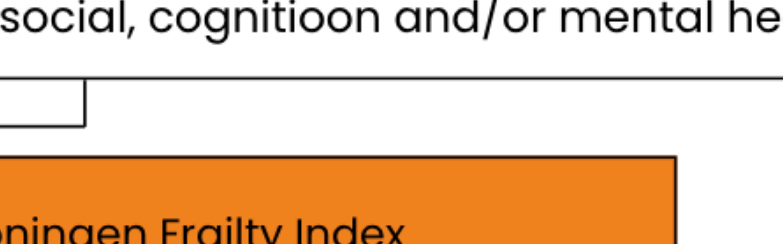
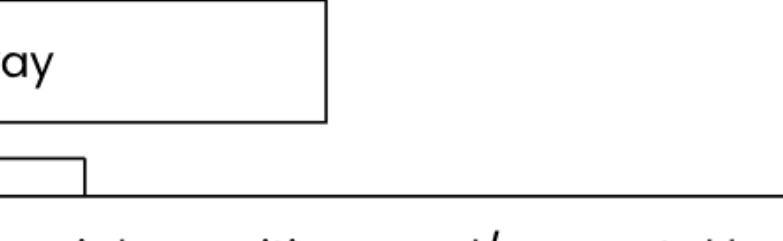
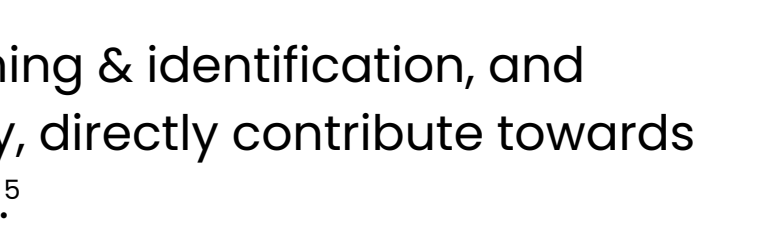
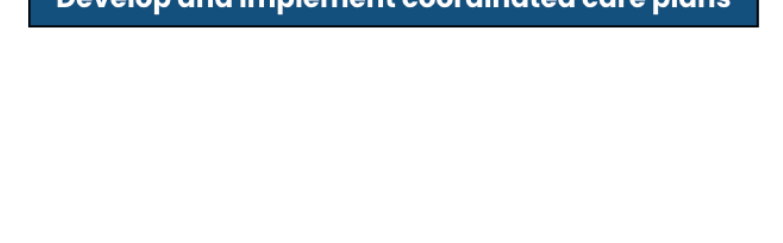
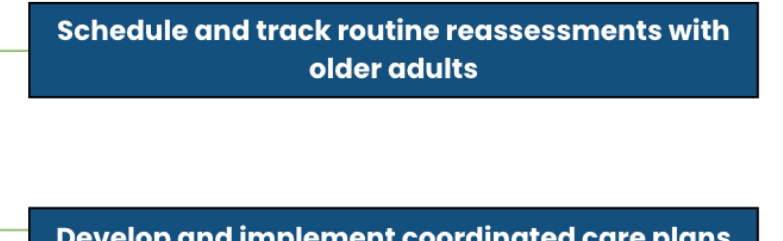
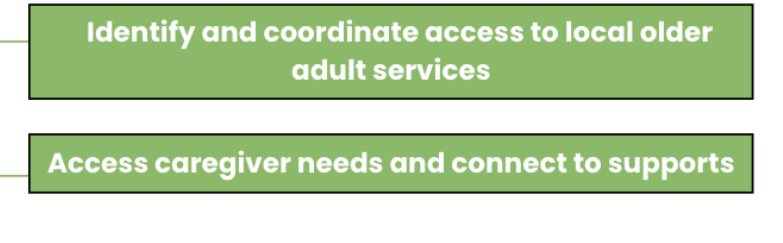
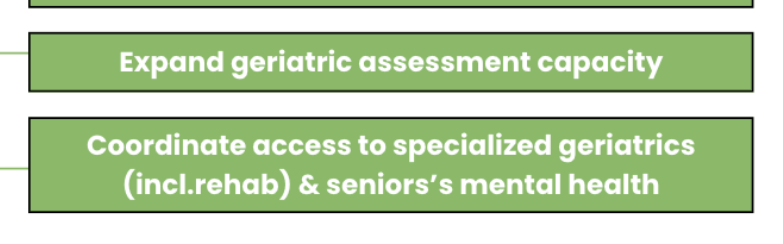
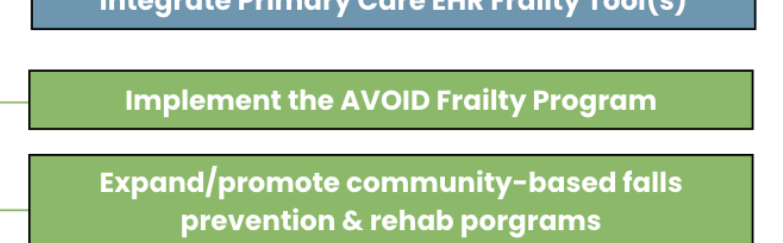
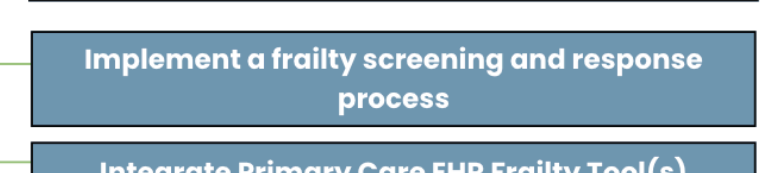
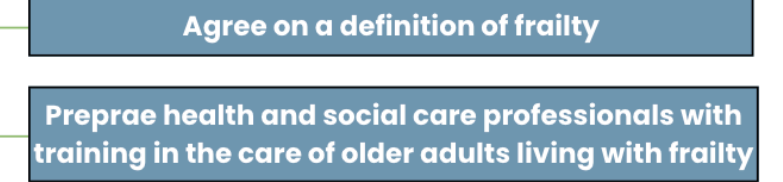
**Primary Drivers**



**Secondary Drivers<sup>6</sup>**



**Change Ideas**

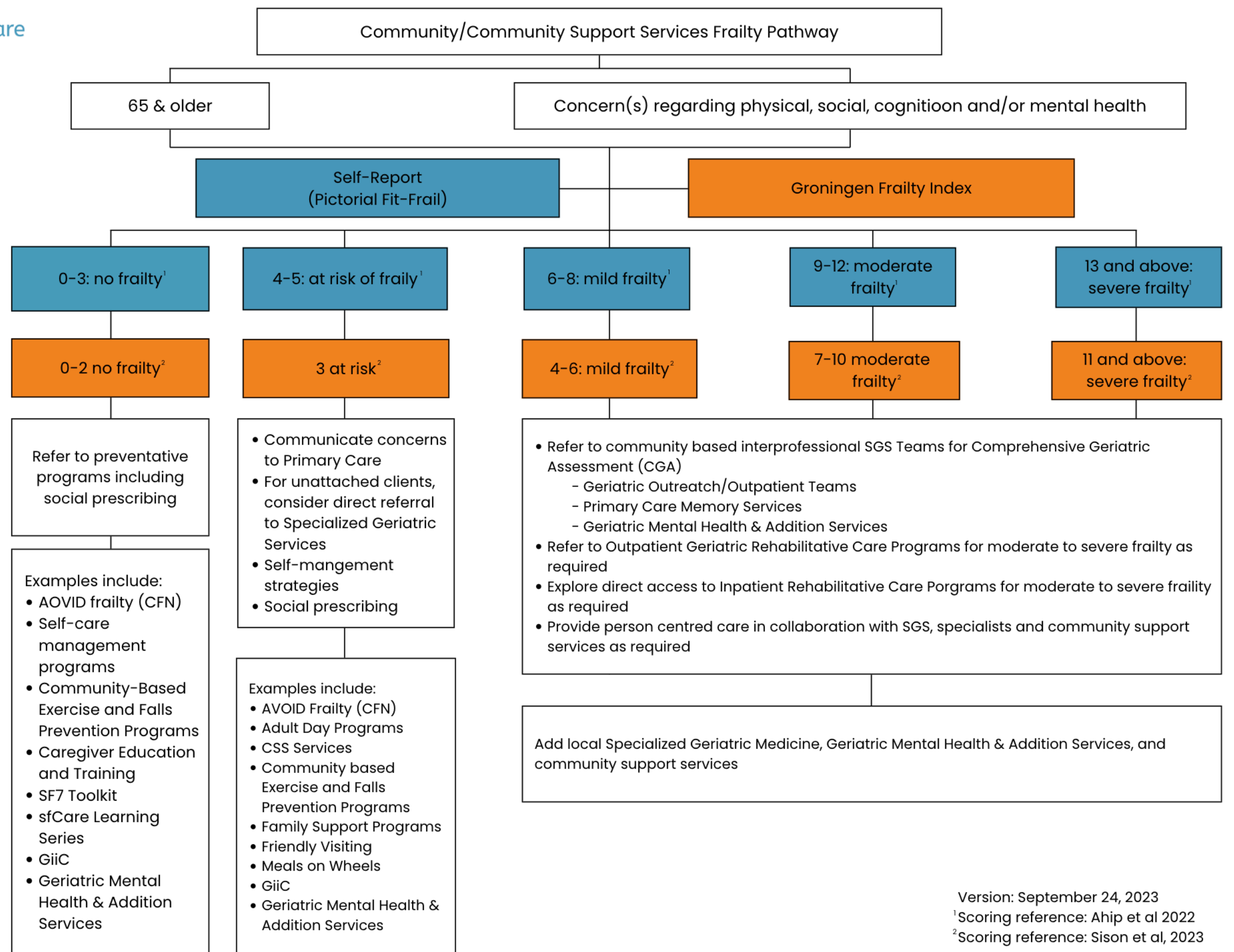


<sup>5</sup>Required cQIP Indicator  
<sup>6</sup>ALC Leading Practices (Community)

Evidence suggests that the implementation of proactive frailty screening & identification, and promotion of self-management strategies to prevent or reverse frailty, directly contribute towards reducing unexpected hospitalizations and the expression of LTC need.<sup>5</sup>

## What Can We Do?

### 5-Step Approach Community/Community Frailty Pathway



Version: September 24, 2023  
<sup>1</sup>Scoring reference: Ahip et al 2022  
<sup>2</sup>Scoring reference: Sison et al, 2023

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.cda-amc.ca/sites/default/files/pdf/htis/2024/EH0126\\_ALC.pdf](https://www.cda-amc.ca/sites/default/files/pdf/htis/2024/EH0126_ALC.pdf)  
(3) <https://www.olca.com/about-long-term-care/the-data/#:~:text=There%20are%20just%20over%2076%2C000,spaces%20are%20at%20full%20capacity.&text=Ontario%20needs%20over%2030%2C000%20new.to%20meet%20the%20growing%20demand.>  
(4) <https://www.ontario.ca/page/ontario-population-projections#:~:text=The%20number%20of%20seniors%20aged,of%20baby%20boomers%20turn%2065.>  
(5) <https://geriatricsontario.ca/wp-content/uploads/2024/10/2024-Sep-26-Frailty-Screening-in-Primary-Care.pdf>



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Scan to see the full guidance document