

Developing a cohort of local frailty champions

Frailty 360

Module 1: Introductory Quiz

- Frailty Quiz Prompts and Key Points (facilitator's guide)
- Presentation slides
- Quiz sheets (handouts)

Module 2: Understanding frailty

- Presentation slides
- Speaker notes
- Overview of Frailty Fulcrum
- Frailty Syndrome & domain summary card
- Fulcrum exercise - Nirmala question sheets (recall and recognition)
- Frailty Fulcrum exercise card
- Frailty Fulcrum Domain guidance booklet
- Frailty Fulcrum animation video (USB stick)
- A3 Frailty Fulcrum template (available on request)

Module 3: Identifying frailty

- Presentation slides for Identifying frailty
- Speaker notes for Identifying frailty
- John, Barbara & Nirmala case study (Scale case study)
- Clinician exercise

Module 4: Managing frailty

- Presentation slides for Managing frailty - overview
- Speaker notes for Managing frailty - overview
- Nirmala & Baldev case study (Strengths and Scale case study)
- Clinician exercise (Terms of care to Nirmala & Baldev)

Module 5: Supporting Independence & Person-Centred Care

- Presentation slides
- Speaker notes
- Supporting Independence care planning template
- Help or hinder exercise card

Module 6: FrailtySIM Become Victor & Being Jane

- Set up and trouble shooting guide
- Facilitator's guide
- Transcript of Introduction video
- Transcript of walkthrough video
- Reflective learning & clues template
- FrailtySIM Introduction Video (USB stick)
- FrailtySIM Walkthrough Video (USB stick)
- FrailtySIM VR App (on request)
- VR equipment (on request)

Module 7: FrailtySIM Walking through Frailty

- Facilitator's guide
- Ideas for how to link with other modules
- Transcript of intro and feedback for:
 - Fit level
 - Mild frailty level
 - Moderate frailty level
 - Severe frailty level
- Walking through Frailty: workbook
- A Practical Guide to Healthy Ageing

Module 8: Victor's Story

- Voice of Victor and Kath cards
- What's important worksheet
- Supporting Independence Care planning exercise card
- Supporting Independence Care planning template and examples of output
- Video of Victor's story (USB stick)
- A3 supported self-care planning template (available on request)

Module 11: Adapting to living well with frailty: Nirmala & Baldev together

- Voice of Nirmala and Baldev cards
- Supporting Independence Care planning exercise card
- Supporting Independence Care planning template and examples of output
- Short videos of Assistive Technology across each of the domains of frailty
- Video of Nirmala & Baldev's story (USB stick)

Module 12: Introduction to the Toolkit

- Quick start guide
- What's available now and functionality guide
- Overview of "Making the most of the Frailty Toolkit" videos

IMMERSIVE AND INTERACTIVE TRAINING DELIVERED BY HIGHLY EXPERIENCED FACILITATORS AND NATIONALLY RECOGNISED FRAILTY CHAMPIONS

These whole-day events will **engage everyone involved in the care and support of older people**, boosting understanding and awareness of frailty, and increasing confidence to manage the condition effectively whatever the setting or level of frailty. As well as participating in the training, your cohort of local champions / trainers will learn about applying the educational resources and person-centred case studies to enable them to undertake cascade training to a wider audience. **Our aim for the cohort is for them to be empowered, motivated and capable** of promoting greater awareness and understanding of frailty through the training they deliver and their day to day work.

“The excellent resource file provided, love the frailty toolkit. Small group which created good atmosphere and networking. Excellent day. I feel I will be able to provide training to the staff within my trust. Many thanks.”

The morning session enables individuals to participate in our “Frailty Aware Plus” session. Five person-centred stories and innovative Virtual Reality technology combine to produce memorable learning experiences that:

- Increase awareness and understanding of frailty as a long term condition;
- Develop the knowledge to identify potential frailty and assess severity through exploration of Frailty Syndromes, Clinical Frailty Scale and population-based tools.
- Build empathy by providing the opportunity to ‘walk’ in the shoes of Victor, an older person living with frailty;
- Highlight the importance and interaction of the different aspects of an older person’s life and how different levels of frailty affect them;
- Encourage staff to think and behave differently.

The afternoon session focuses on providing the cohort with:

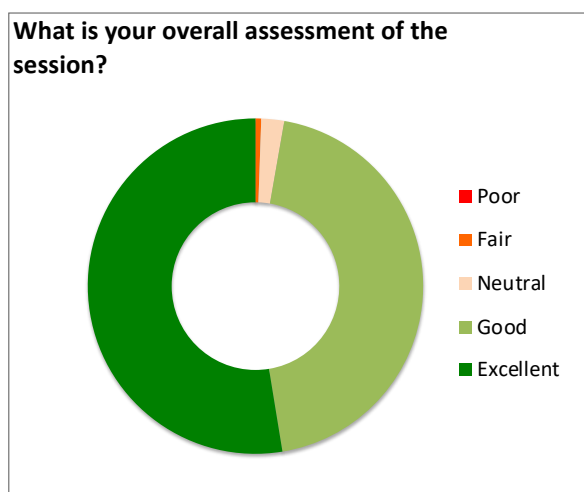
- A richer set of case-based experiences
- Exploration of the full set of resources available to them
- Facilitating the discussion of locally specific frailty training requirements and role specific requirements.

On the day, local champions receive:

- Access to tried and tested training materials, including FrailtySIM and participant handouts, all delivered by experienced facilitators.
- Opportunity to work on ‘real life’ case example (mix of teams depends on mix of participants).
- Frailty & Person-centred Care Awareness Certificate (based on participation in the morning session).
- Support from experienced facilitators and trainers to explore the range of resources available and how they can be applied to different audiences, including additional case studies not covered in the morning training.

Post-session benefits including:

- Local Trainer resource pack (hard copy of materials in a folder) and file transfer of the electronic resources needed for delivering the different modules.
- Access to the Frailty Toolkit - includes Facilitator Resources.
- Access to advice – by email or phone.
- Option to hire VR kits, order additional copies and resources – range of options available.



96% of participants are “very likely” (60%) or “Likely” (36%) to recommend training to colleagues.