# Proactive Management of mildly frail patients (Rockwood 3-5):

NB: Pathway aimed at the proactive, planned management of the frail patient
Patients with an acute exacerbation/crisis- see the Acute/Urgent/Emergency Frailty Pathway

**AIM:**
-to maintain / improve physical, mental, and social wellbeing
-to reverse frailty / delay progression to moderate / severe frailty.
-Care/ support planning - focus on the individual’s goals and concerns

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|  **Checklist** 🗹 |
| **Information Resource Pack** | Share with patient  |[ ]
| Services | Check system/ list which services already involved |[ ]
| Depression / Anxiety | Refer to appropriate services (eg.IAPT) |[ ]
| Memory impairment  | GP assessment - Refer to memory clinic  |[ ]
| Care navigator/ coordinator referral  | Follow up- to ensure information received understood / acted upon. |[ ]
| Loneliness | follow-up within 6-12 months (assess interventions) |[ ]
| Integrated Multidisciplinary Personalised Care Team (IMPaCT)  | referral if support requested to improve health and wellbeing |[ ]
| Keeping warm | Advice  |[ ]
| Home safety checks  | if not done in the last year |[ ]
| Promote patient volunteering  | (helps loneliness wellbeing, physical activity) signpost/ help to find opportunities to volunteer |[ ]
| Voluntary/third sector  | for support (e.g., Live Well Barnsley, Age UK) see below  |[ ]

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| **Signpost** as necessary |
| Social needs assessment: Barnsley Council Customer Access Team: | https://www.barnsley.gov.uk/services/adult-social-care/getting-help-early/ Tel: 01226 773300 |[ ]
| Guide to older people’s services in Barnsley: | https://www.barnsley.gov.uk/media/21096/guide-to-older-peoples-services-in-barnsley.pdf |[ ]
| Live Well Barnsley: | <https://www.livewellbarnsley.co.uk/> Email: livewell@barnsley.gov.uk |[ ]
| Technology innovations e.g., alarms: Barnsley assistive living (telecare): | https://my.barnsley.gov.uk/form/Telecare-enquiry/your-details Tel: (01226) 775671 |[ ]
| Social opportunities | (e.g., lunch clubs, local older people’s groups, digital inclusion) |[ ]
| Physical activities  | Barnsley Older People’s Physical Activity Alliance |[ ]