# 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/](about:blank) 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](about:blank) |  |
| Live Well Barnsley: | <https://www.livewellbarnsley.co.uk/>  Email: [livewell@barnsley.gov.uk](about:blank) |  |
| Technology innovations e.g., alarms: Barnsley assistive living (telecare): | [https://my.barnsley.gov.uk/form/Telecare-enquiry/your-details](about:blank) 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 |  |