**Our Gloucestershire Frailty Strategy Vision is for the people of Gloucestershire to live healthier, happier and longer lives.** This document provides contacts and links to resources available to help in the achievement of our vision.

**Frailty: A long term condition particularly related to the aging process in which multiple body systems gradually lose their in-built reserves. A state of reduced resilience and increased vulnerability, possibly leading to a deterioration in health and ability to live independently.** [OneGloucestershire Webpage](https://www.nhsglos.nhs.uk/your-health-services/community-and-hospital-care/frailty/)

**Resources for**

**Related Conditions**

[**Dementia**](https://www.gloucestershire.gov.uk/media/2110441/dementia-training-pathway-october-2021.pdf)

[**Learning Disabilities NHS**](https://www.nhs.uk/conditions/learning-disabilities/)

[**& G-Care**](https://g-care.glos.nhs.uk/pathway/590/resource/11)

**Palliative/End of Life**

**Personalised Care**

[**Falls Information**](https://www.nhs.uk/conditions/falls/)

**Virtual Ward**

[**Core Competences (S4H)**](https://www.skillsforhealth.org.uk/info-hub/virtual-wards-and-urgent-community-response-framework/)

**Please Note:** Access to training will vary between organisations and registering for eLearning may require a work email: If this is not possible, follow the guidance provided by each training provider.

**eLearning for Health and Social Care: Training available is covered at three levels or tiers:** *It is not necessary to undertake all three tiers, but to select according to role and learning need.*

Whatever your role in caring for someone with Frailty, whether paid or unpaid, that care will be better and easier if you are prepared and equipped with the right knowledge and skills. The training pathway targets three tiers: -

**Tier 1- General Awareness:** aimed at the public, carers, third sector staff, porters, reception staff in primary, secondary and community.

**Tier 2a – Professional Knowledge**: for those in front line care and patient-facing roles

**Tier 2b - Specialist Skills and Knowledge**: for those working in Urgent Care or specialist care of frail people.

Please click on the links for freely available information and resources or click on links to your organisation for more targeted training.

**Elearning for Health and Social Care**

[**Frailty Awareness Tier 1**](https://www.e-lfh.org.uk/programmes/frailty/)

**Person-Centred Approach – Step 1**

[**Skills for Health Log in**](https://elearning.skillsforhealth.org.uk/login/index.php)



**Tier 2a**

Generic Roles

**Elearning for Health and Social Care**

[**Frailty Awareness Tier 2a**](https://www.e-lfh.org.uk/programmes/frailty/)

**Person-Centred Approach – Step 2**

[**Skills for Health Log in**](https://elearning.skillsforhealth.org.uk/login/index.php)

**Elearning for Health and Social Care**

[**Tier 2b Frailty**](https://www.e-lfh.org.uk/programmes/frailty/)

[**Dr Ian Donald Guidance for Primary Care (Youtube)**](https://g-care.glos.nhs.uk/education/305)

**Tier 2b**

Specialist Roles

**The Four Priorities of Our Frailty Strategy: Resources**

**Preventing Frailty:** [Proactive Care/Aging Well](https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/10-tips-for-ageing-better/) [Skills for Health](https://www.skillsforhealth.org.uk/info-hub/frailty-2018/)

[BGS: Joining the Dots: Blueprint](https://www.bgs.org.uk/Blueprint)

**Identifying Frailty:** [Comprehensive Geriatric Assessment](https://www.bgs.org.uk/resources/resource-series/comprehensive-geriatric-assessment-toolkit-for-primary-care-practitioners)

NB: This assessment tool is a commonly accepted tool but may not be appropriate for all sectors in the Gloucestershire H&SC system

[Surrey University Pallup](https://www.youtube.com/watch?v=2A7j0Sy61NY)

**Managing Frailty:** [Every step you take matters!](https://www.youtube.com/watch?v=41cMkvsaOOM)

Age UK [Frailty in Older People](https://www.ageuk.org.uk/our-impact/policy-research/frailty-in-older-people/common-conditions-frailty/) British Geriatric Society:  [Fit for Frailty](https://www.bgs.org.uk/sites/default/files/content/resources/files/2018-05-23/fff_full.pdf)

[End of Life Care in Frailty](https://www.bgs.org.uk/resources/resource-series/end-of-life-care-in-frailty)

[NHS RightCare Frailty Toolkit](https://www.england.nhs.uk/rightcare/toolkits/frailty/)

[Information and support for carers](https://www.yourcircle.org.uk/)

**Workforce:** Awareness, knowledge and understanding of frailty

**Additional training may be available within organisations and for Specific Roles and Specialties**

[**Competencies for Caring for People with Frailty**](https://www.skillsforhealth.org.uk/info-hub/frailty-2018/) **(Skills for Health)**

* **GPs/Primary Care:** [**G-Care: Frailty**](https://g-care.glos.nhs.uk/search/?q=frailty)
* **Gloucestershire County Council:** [**Proud to Learn**](https://www.gloucestershire.gov.uk/health-and-social-care/training-for-health-and-social-care-professionals/multi-agency-training/) **01452 324306**
* **Gloucestershire Health & Care Foundation Trust: Email** [**Professional Education**](mailto:professionaldevelopment-clinicalskills@ghc.nhs.uk)
* **Gloucestershire Hospitals Foundation Trust: Phone 0300 422 5634 or Visit** [**Webpage**](https://intranet.gloshospitals.nhs.uk/hr-training/training-development/professional-development/)
* **Gloucestershire Care Homes:** [**Proud to Learn**](https://www.gloucestershire.gov.uk/health-and-social-care/training-for-health-and-social-care-professionals/multi-agency-training/) **01452 324306**

**Tier 1** Awareness