



FRAILTY CARE

IN THE COMMUNITY

phn
GOLD COAST

An Australian Government Initiative

This Frailty Care in the Community, Healthy Ageing Program is supported by funding from Gold Coast Primary Health Network through the Australian Government's PHN Program

About PainWISE



- Last 10 years working with the GCPHN as a provider for the Turning Pain into Gain Program (1st Community Based Persistent Pain Program in primary healthcare in Australia)
- Innovate models of care for pharmacy industry, private hospitals and corporate health
- Utilising mixed funding models
- Focused on whole person-centred care and collaborative partnerships with key primary healthcare allied health and medical stakeholders

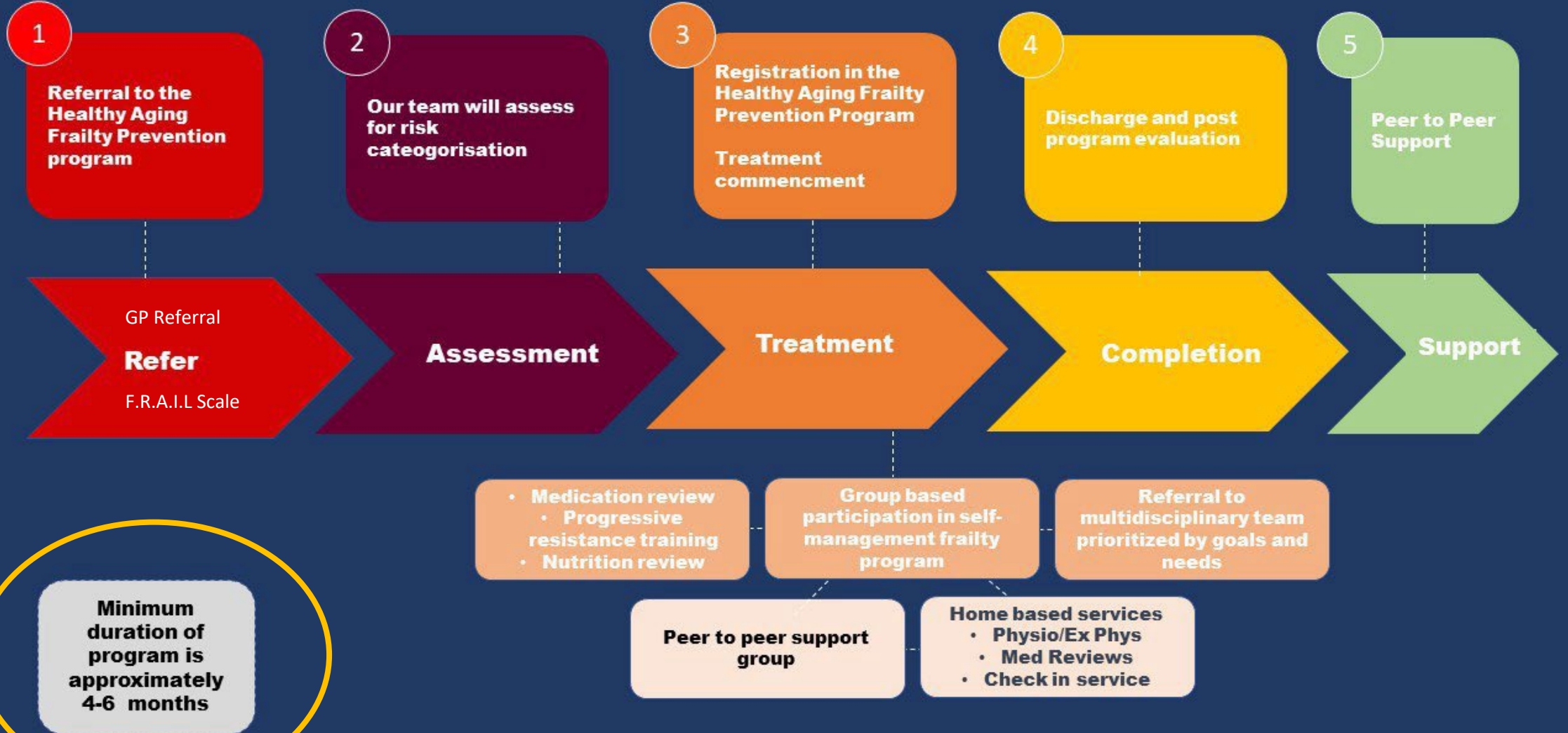
The Values of Frailty Care in the Community

- **Compassion** based approach
- **Whole person-centred care**
- **Function** rather than disease based
- **Collaborative partnerships** for better access
- **Evidence based** to support primary care health practitioners and grow work force knowledge



Program Pathway

Low, Moderate & High Risk Patients



Key objectives



- Literacy and awareness of healthy ageing, frailty management and prevention, including:
 - Skill building in progressive **resistance training**
 - **Nutrition**
 - **Medication management**
 - **Mental health awareness and support tools** and services to help manage anxiety, depression and loneliness.
- Risk categorisation (using validated scales that are simple to use for referral purpose) so that patients are accessed into the right program at the right time, including ruling out red flags.
- Clinical and psychosocial needs assessment with focus on frailty prevention.
- Navigation of health services to multidisciplinary services depending on the patient's prioritised needs (e.g., psychologist, dietitian, exercise physiologist, physio, occupational therapist, etc.).
- Feedback to GP during the program and at discharge of participation.

Referral process



FRAILITY CARE
IN THE COMMUNITY

REFERRAL FORM Frailty Care in the Community Program Healthy Ageing Program



Phone Joyce McSwan for further information on 0412 327 795
Forward completed Referral via Medical Objects (preferred) to:
Name: Joyce McSwan
Provider Number: JIM4226000Q0
or Fax: 07 3539 9801

DATE:

PATIENT DETAILS

Patient Name:	DOB:	Gender: M / F
Address:	Email:	
Daytime contact number: Home: Work: Mobile:		

PATIENT PRESENTATION

Clinical History:

PAST HISTORY

Has the patient previously attended a falls prevention or frailty program/clinic? YES/NO
If yes, specify where and when:

The patient has met ALL the following criteria to be eligible for the program (please tick):

- The patient is > 65 years old (Older Persons) or > 55 years old (Aboriginal & Torres Strait Islander)
- The patient has scored >1 in the FRAIL scale risk assessment (please see the FRAIL scale risk assessment on page 2 of this referral)
- The patient is not a palliative care patient
- The patient does not currently reside in a Residential Aged Care Facility
- The patient requires improved self-management strategies and skills to optimise ongoing care
- The patient is able to give voluntary, informed consent for the ongoing collection of audit data.

REFERRING GP/ORGANISATION DETAILS
Please stamp/insert details:

GP Signature _____
Date _____

REFERRING ALLIED HEALTH PROFESSIONAL DETAILS (if this applies)
A GP Sign off is mandatory for this referral to be accepted
Please stamp/insert details:

AHP Signature _____
Date _____

On the receipt of this referral, the patient will be contacted with details of the Gold Coast Primary Health Network's Frailty Care in the Community, Healthy Ageing Program to be reviewed with an initial service assessment. Our Service Assessments will be held at our office at Corporate House, Varsity Lakes. The group-based Frailty Care in the Community Program will be held at various North and South community centres on the Gold Coast. Patients will be allocated accordingly to suit their individual needs. Please provide for your patient the "Patient Information Sheet" for their further information. Patients can also call us directly to enquire further on: 0412 327 795.

This Frailty Care in the Community, Healthy Ageing Program is supported by funding from Gold Coast Primary Health Network through the Australian Government's PHN Program. GCPHN is collecting your personal information for the purpose of assessing its activities and functions in the primary health care sector. Your consent details may be used to forward information and notifications from GCPHN. In some circumstances we may provide your information to our funding agency (Dept of Health) or to another provider that enter into legal contracts with us which are bound by confidentiality. There is no legal requirement for you to provide your personal information, however if you choose not to disclose your personal information this may exclude you from our services and programs. We do not routinely disclose information overseas. For further information on how we manage your personal information see our website <https://gcphn.org.au/privacy-policy/>

V1 June 2023

FRAIL SCALE RISK ASSESSMENT

	Questions	Scoring	Results
Fatigue	How much of the time during the past 4 weeks did you feel tired? A = All or most of the time B = Some, a little or none of the time	A = 1 B = 0	
Resistance	In the last 4 weeks, by yourself and not using aids, do you have any difficulty walking up 10 steps without resting?	Yes = 1 No = 0	
Ambulation	In the last 4 weeks, by yourself and not using aids, do you have any difficulty walking 300 metres OR one block?	Yes = 1 No = 0	
Illness	Does the patient have the following conditions? <input type="checkbox"/> Hypertension <input type="checkbox"/> Diabetes <input type="checkbox"/> Cancer (not a minor skin cancer) <input type="checkbox"/> Chronic lung disease <input type="checkbox"/> Heart attack <input type="checkbox"/> Congestive heart failure <input type="checkbox"/> Angina <input type="checkbox"/> Asthma <input type="checkbox"/> Arthritis <input type="checkbox"/> Kidney disease	0-4 answers = 0 5-11 answers = 1	
Loss of weight	Have you lost more than 5kg or 5% of body weight in the past year?	Yes = 1 No = 0	
TOTAL SCORE			
Scoring: Robust = 0 Pre-frail = 1-2 Frail = >3			

You can also use the Frail Scale Risk Assessment calculator: www.painwise.com.au/frail-scale

Frail Scale Risk Assessment Calculator:

www.painwise.com.au/frail-scale

Referral Form Available:

<https://gcphn.org.au/patient-care/older-persons/healthy-ageing-resources/>

Eligibility criteria



- Residents living at home within the Gold Coast Community, who could be at risk of early entry into aged care
- Those who are at risk of frailty who are unable to access mainstream services (available privately, through private insurance and/or the medical benefits scheme) this may include but not limited to;
 - Aboriginal and Torres Strait Islanders
 - Culturally Diverse Communities (CALD)
 - LBGTIQAP+
 - Those on a Commonwealth Pension
- Ages
 - 65 plus (Older Persons)
 - 55 plus (Aboriginal & Torres Strait Islander)

Exclusions

- If the patient is under palliative care services, they will not be eligible for the service.
- If the patient is already in a Residential Aged Care Facility the patient will not be eligible for the service.

Our service offering

Location

- **Varsity Lakes** - Frailty Care in Community Program – Main Office
- **Robina Community Centre** – Group based program (indoor and outdoor)
- **Northern Community Centres** – e.g. Southport, if required depending on demand of referrals
- **Home based** – mobile service (as required based on needs and risk categorisation)

- In person and telehealth available