

## Canadian Frailty Priority Setting Partnership

### Participant worksheet - pre-workshop exercise

**Individual ranking of questions for the workshop on 26 September 2017:** This is a list of 22 questions for frailty research. They have come from a survey of Canadians: older adults, their friends, family and caregivers, and health and social care providers. They have been checked against current evidence to ensure they have not already been comprehensively answered. Please spend some time before the workshop reviewing this list of questions. Rank them from 1–22, 1 being the most important in your opinion and 22 being the least important, for research to address. Make a note of any comments in the right hand column. **Please bring this with you to the workshop.**

#### What is frailty?

We usually associate frailty with noticeable losses in a person's physical, mental or social functioning. Frailty is a health state continuum ranging from fit to very frail, involving multiple health problems and often associated with getting older. Frailty can result from a range of diseases and conditions where even fairly minor health events can trigger major changes in a person's health status.

Ref	Question	Your ranking (1 to 22)	Notes
A	What are effective approaches to motivating frail older adults to remain active (including in rehabilitation activities)?		
B	What are effective ways of assessing and reducing risk of falls for frail older adults?		
C	What are effective ways of assessing and ensuring adequate diet and nutrition for frail older adults?		
D	What is the impact of community- and home-based services, programs and resources in preventing and managing frailty (including slowing progression and/or minimizing the impact of frailty)?		
E	What is the impact of exercise and physical activity (including type, duration and intensity) in preventing and managing frailty (including slowing progression and/or minimizing the impact of frailty)?		

<b>F</b>	What is the impact of diet and nutrition in preventing and managing frailty (including slowing progression and/or minimizing the impact of frailty)?		
<b>G</b>	What is the impact of rehabilitation services in preventing and managing frailty (including slowing progression and/or minimizing the impact of frailty)?		
<b>H</b>	What would help frail older adults and their family/caregivers recognize when living at home is no longer viable?		
<b>I</b>	What would help frail older adults to continue living safely in their own home or living environment of choice?		
<b>J</b>	How can care, services and treatments be tailored to meet the needs of frail older adults who are isolated and/or without family/caregiver support or advocates?		
<b>K</b>	What would help frail older adults to maintain their independence?		
<b>L</b>	What would improve care, health and quality of life for frail older adults living in long-term care homes?		
<b>M</b>	What would help avoid unnecessary hospitalizations and emergency department visits for frail older adults?		
<b>N</b>	What is the best screening tool for identifying frailty in different clinical settings (including primary care, hospital and home care)?		

<b>O</b>	How can frailty measures be used by health care practitioners, older adults and family/caregivers to inform treatment and care decisions?		
<b>P</b>	What would improve end of life care for frail older adults and their family/caregivers?		
<b>Q</b>	What frailty-related attitudes, skills and knowledge should health and social care providers have? What are effective ways of improving attitudes and providing skills and knowledge about frailty for health and social care providers?		
<b>R</b>	What would enable the creation of age-friendly communities that would better support frail older adults?		
<b>S</b>	What are effective ways of supporting family/caregivers of frail older adults to maintain their own health and wellbeing and/or that of frail older adults?		
<b>T</b>	How can the health system be organized to provide integrated/coordinated care that would better meet the health and social care needs of frail older adults and their family/caregivers?		
<b>U</b>	What are the costs and benefits of alternative models of housing, including multigenerational or shared living, for frail older adults?		
<b>V</b>	What would ensure that frail older adults and their family/caregivers have access to appropriate community-based services (including care provided at home)?		