

Have you noticed change in an older adult you know or are caring for?

Frailty doesn't have to be a part of aging!

MEDICAL NOTES

- Unintentional weight loss (more than 10lbs)
- Multiple diseases or conditions
- Takes multiple medications
- Incontinence

CAREGIVER SUPPORT

- No caregiver
- Caregiver and patient are the same generation
- There is concern for caregiver's wellbeing
- Night supervision is needed for senior/older adult

BASIC CARE CHANGES

- Lowered standard of hygiene
- Decreased ability/interest in preparing meals

SOCIAL & COGNITIVE CHANGES

- Dementia/cognitive deterioration
- Social inactivity/disengagement
- Social isolation

Alerts to Frailty

PHYSICAL CHANGES

- Weakness
- Fatigue
- Slowed walking speed
- Balance = Accidents/Falls
- Inactivity

HIGH ALERTS

- Living alone
- Experienced a life event (e.g. loss of a loved one, loss of driving privileges, change in home, new diagnosis, fall or injury, etc.)
- Has no one to call if needed
- Multiple visits to Emergency Room
- Family member/friend/caregiver raises concern

If you a box see reverse for resources



Resources to help prevent frailty

For Basic Care and Independence

- **Better at Home** – assistance with transportation, light housework, groceries, socializing 604-485-4008
- **Zunga Bus** – transportation 604-208-3711
- **Handydart** – transportation bctransit.com/powell-river/riderinfo/handydart/register
- **Seniors' Frozen Meal Program** 604-483-1714 powellriverseniors.ca

For Medical Needs

- **Family Physicians** – call and make an appointment with your family doctor or nurse practitioner. They can help with a frailty mitigation plan.
- **Community Paramedicine** – wellness checks communityparamedicine@bcehs.ca
- **ReAct** – Concerns about abuse or living at risk due to neglect or self-neglect 1-877-732-2899 react@vch.ca

For Cognitive and Mental Health

- **First Link Dementia Helpline** 1-800-936-6033
- **Powell River Mental Health** 604-485-3300

For Exercise and Social Interactions

- **SOAR** – Supporting Older Adults through Recreation 604-485-4008
- **Seniors Programs** at the Recreation Complex 604-485-2891
- **Seniors Citizens Association** 604-414-8712 powellriverseniors.ca
- **Community Paramedicine** – communityparamedicine@bcehs.ca

For Caregiver Support and Connections

- **Family Caregivers of BC** – one on one support and online resources 1-877-520-3267
- **Gerry Gray Centre** for Older Adults 604-485-4008
- **Caregivers Support Group** for Individuals Supporting a Family Member with Alzheimer Disease or Dementia malerie.meeker@gmail.com 604-483-4224