

# 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 1-833-951-3869
- **Handydart** – transportation [bctransit.com/powell-river/riderinfo/handydart/register](https://bctransit.com/powell-river/riderinfo/handydart/register)
- **Seniors' Frozen Meal Program** 604-483-1714 [powellriverseniors.ca](https://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](mailto:communityparamedicine@bcehs.ca)
- **ReAct** – Concerns about abuse or living at risk due to neglect or self-neglect 1-877-732-2899 [react@vch.ca](mailto: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](https://powellriverseniors.ca)
- **Community Paramedicine** – [communityparamedicine@bcehs.ca](mailto: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](mailto:malerie.meeker@gmail.com) 604-483-4224