

Frailty In Sutton Coldfield

Sutton District Committee **17th February 2017**

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Why Sutton Coldfield

In 2013 the estimated population of Sutton Coldfield District was:

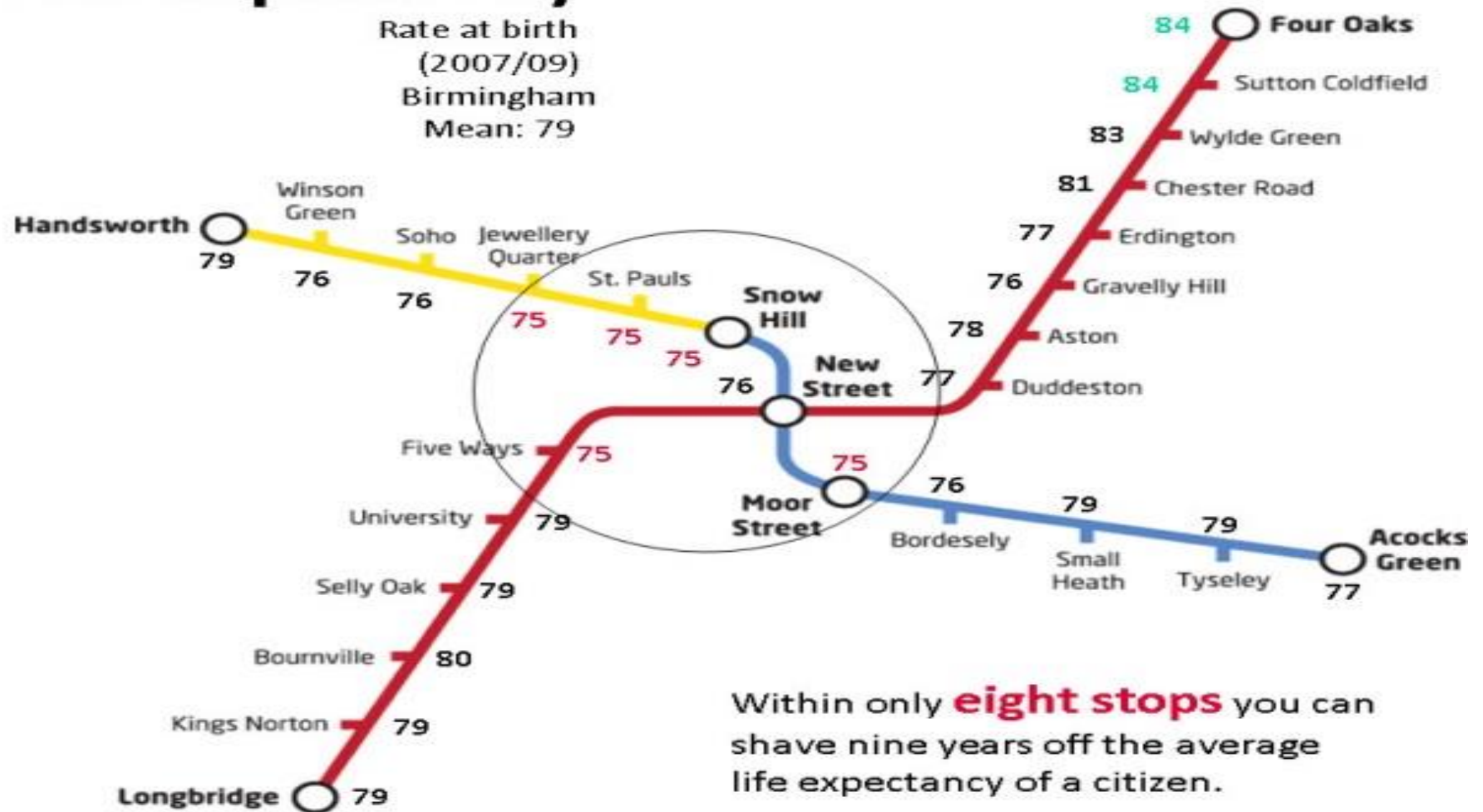
- 94,679 people
- 8.9% of Birmingham's population
- 21.2% of the district's population are over 65 (averages: Birmingham 13% and England 18%)

Demographic changes in the population of the 65+ aged within England suggest a 24% projected increase within this population over the next ten years

This will present a major challenge for Sutton Coldfield.

Life expectancy

Rate at birth
(2007/09)
Birmingham
Mean: 79

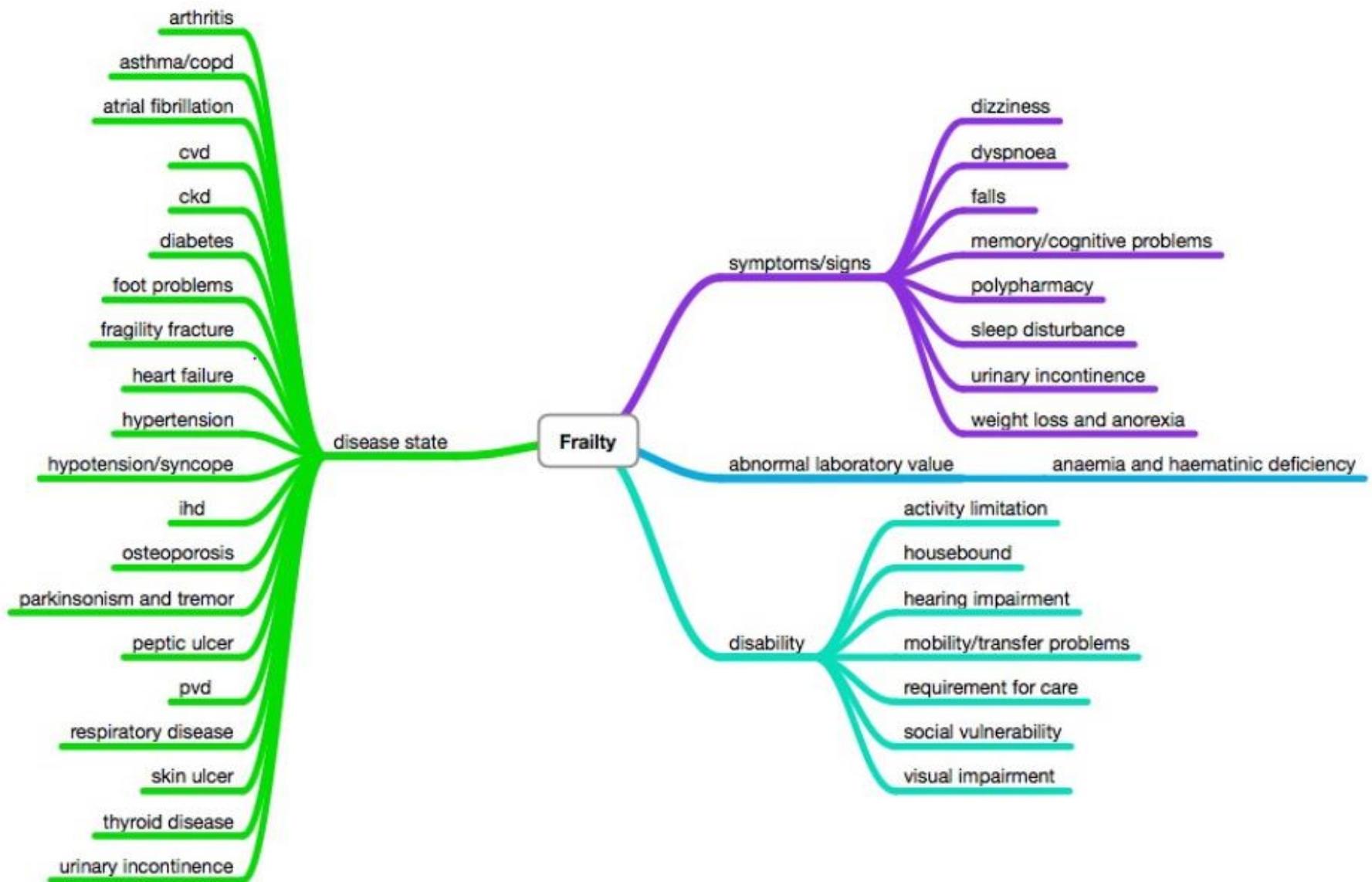


Within only **eight stops** you can shave nine years off the average life expectancy of a citizen.

Data source: Birmingham Electoral Ward Profiles (August 2011) Birmingham Public Health Information Team <http://bit.ly/phitwp0811>

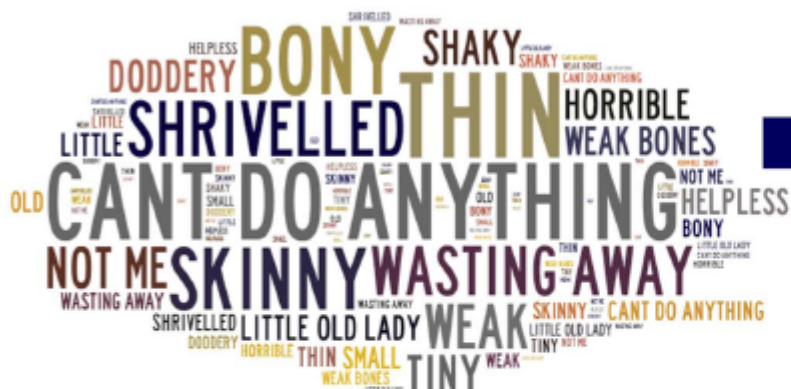
What is eFI

- Electronic Frailty Index helps identify and predict adverse outcomes for older patients in primary care.
- Uses existing electronic health record data within the GP Practice data to identify and grade an individuals frailty
- An accumulation deficit model, based on 36 deficits, which have been constructed using around 2,000 primary care clinical codes (read codes).
- The eFI calculates a frailty score by dividing the number of deficits present by the total possible. For example, if a patient has 9 out of 36 deficits, the eFI score is 0.25.
- eFI scores define patients into 4 frailty categories; fit, mild, moderate and severe.
- This will enable G.P's and Primary care staff to proactively support older people with prevention interventions and avoidance of crisis, which often leads to A&E attendance or hospital admission.



Score	Frailty category	Frailty description
0 – 0.12	Fit	People who have no or few long-term conditions that are usually well controlled. This group would mainly be independent in day to day living activities.
0.13 – 0.24	Mild	People who are slowing up in older age and may need help with personal activities of daily living such as finances, shopping, transportation.
0.25 – 0.36	Moderate	People who have difficulties with outdoor activities and may have mobility problems or require help with activities such as washing and dressing.
>0.36	Severe	People who are often dependent for personal carers and have a range of long-term conditions/multimorbidity.

Words matter.....

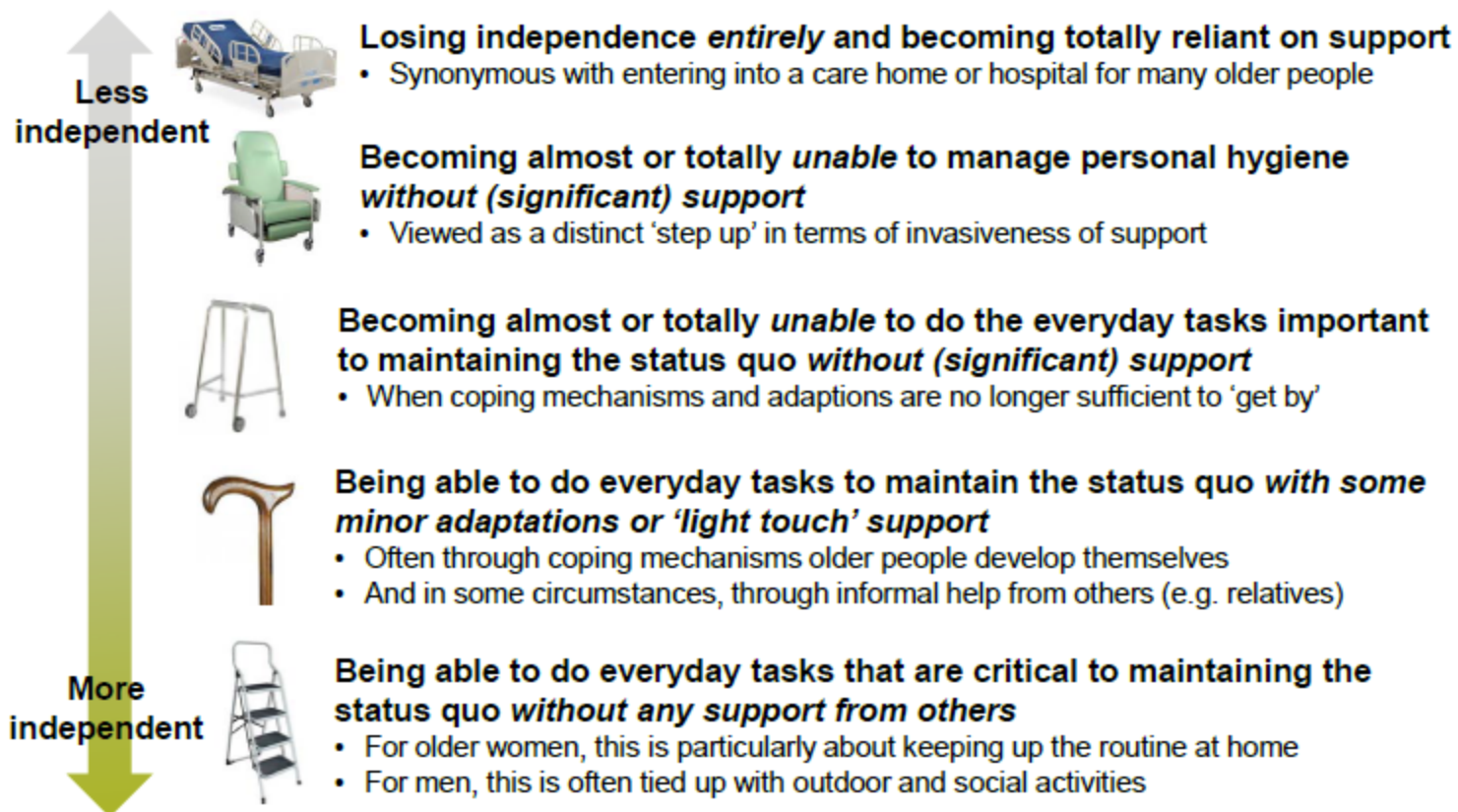


Ultimately for the public, the word 'frailty' is understood to mean an irreversible state that some older people enter into in the very final stages of their lives that means almost total loss of independence

Non-specialist HCPs tend to conceive of frailty as a descriptive term for a state and many had a real aversion to 'descriptive' language to classify patients that they wouldn't feel comfortable using to a patient's face



And older people tend to conceive their ability to live independently as a 'spectrum'.....



And emotional language matches up.....



The 4m walking speed test detects frailty

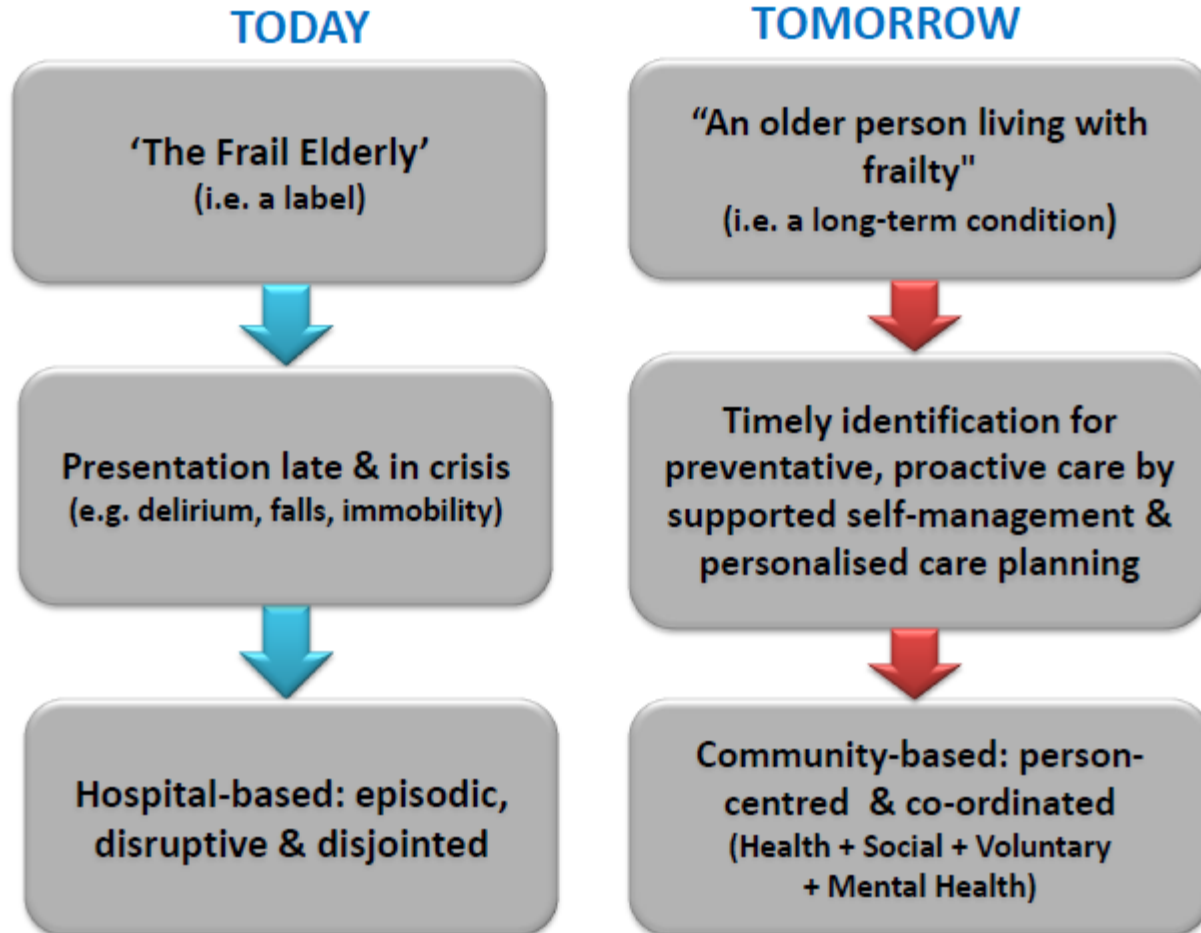


Taking more than 5 seconds to walk 4m predicts future:

- ✓ Disability
- ✓ Long-term care
- ✓ Falls
- ✓ Mortality

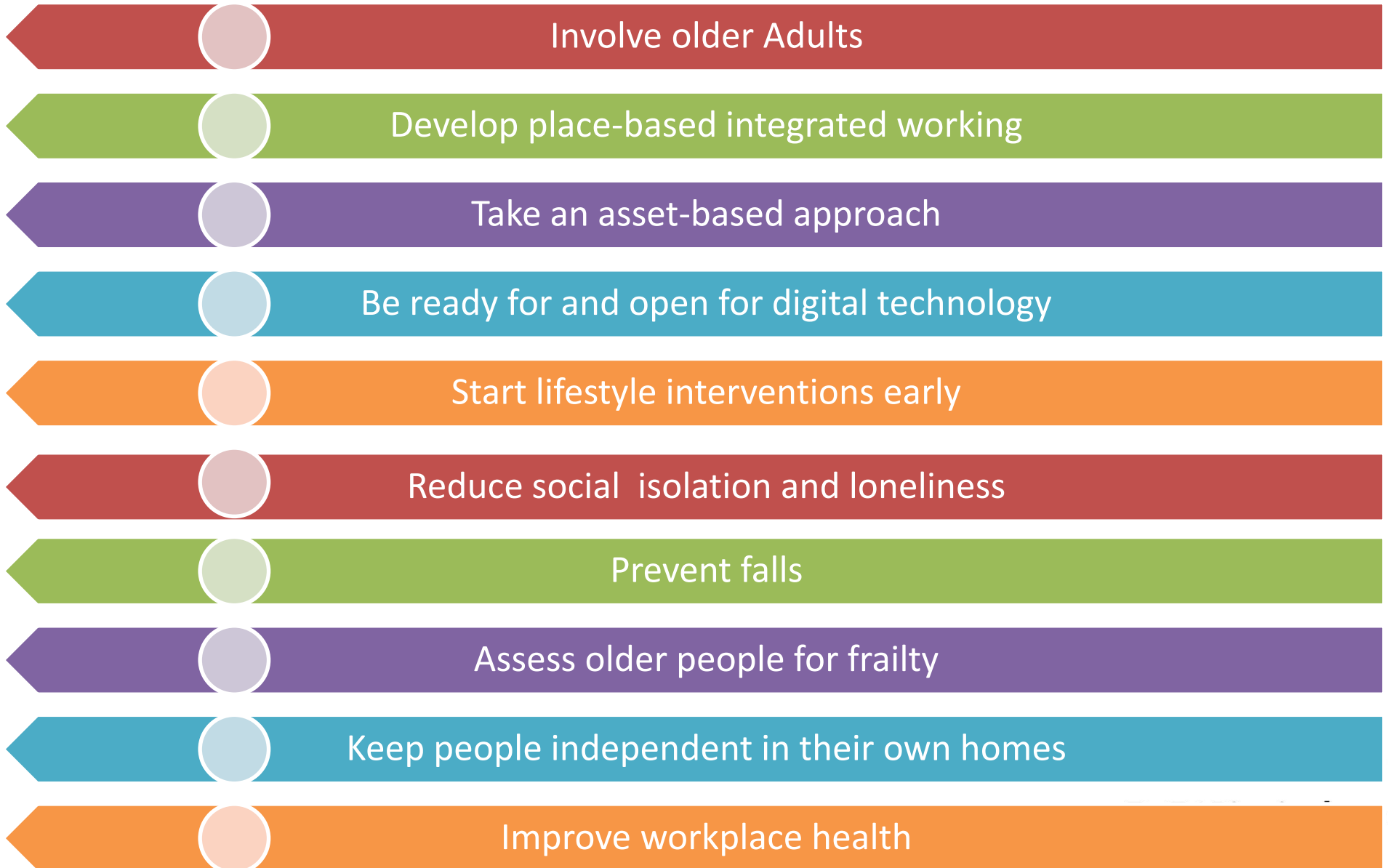
Van Kan et al JNHA 2009; 13:881
Systematic Review of 21 cohorts

New Care Paradigm for Older People & Frailty





Public Health West Midlands Top 10 priorities



City4Age

City4Age Pilot in Sutton Coldfield

- Digital Birmingham (Part of Birmingham City Council) has been awarded European funding for a project called City4Age.
- The Project aims to tackle frailty and social isolation of older people by increasing their mobility and physical and social activities.
- Participants will be provided with a smart watch and will use their own smart phone and home wifi which will capture locality and context specific data about their physical activity - steps, distance travelled, sleep patterns as well as health data.
- Outdoor beacons will be positioned in places of interest in the local community for example café's, medical centres, libraries and supermarkets, which will register time and frequency of visits.
- City4Age are looking for Sutton Coldfield (ideally Mere Green) residents to take part in the pilot to commence immediately.
- If you know anyone who is interested in taking email Digital@birmingham.gov.uk

City4Age Pilot in Sutton Coldfield





A practical guide to
healthy ageing



Birmingham Public Health

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