



# Supporting self-care

Helping older people live well



Bradford Teaching Hospitals   
NHS Foundation Trust

SALTAIRE MEDICAL PRACTICE  
[www.saltairemedicalpractice.nhs.uk](http://www.saltairemedicalpractice.nhs.uk)

 Bradford & District  
ageUK

## A supporting self-care intervention for older people at risk of frailty

Frailty is a condition that affects older people in which vulnerability to minor stressor events increases the risk of adverse outcomes. Older people with frailty are majority users for many health and social care services therefore UK health and social care systems need to better meet the needs of older people with frailty and their carers and transform the way it provides services to incorporate more preventative approaches.

A critical part of future service delivery for people living with frailty is to improve the degree to which older people become engaged in 'self-management' because this has the potential to provide benefits for patients and make a significant contribution to NHS efficiency.

Trust Primary Healthcare Limited, in partnership with Connected Health Cities, Age UK Bradford, the Academic Unit of Elderly Care and Rehabilitation at Bradford Teaching Hospitals Foundation NHS Trust and the Yorkshire and Humber AHSN Improvement Academy have been selected by the Health Foundation, an independent health care charity, to be part of its £1.5 million Innovating for Improvement programme:

<http://www.health.org.uk/news/twenty-two-new-innovative-projects-selected-improve-quality-health-care-0>

Trust Primary Care Limited and partners will establish whether a self-management support intervention – called 'Supporting Self-Care' - helps older people with mild frailty self-manage their health and wellbeing, and rely less on healthcare. The project will test the feasibility of the Supporting Self-Care intervention with 100 patients, delivered by an Age UK Coordinator and trained Age UK volunteers and evaluate its effectiveness. They will provide

information and personalised support that will help people with mild frailty to overcome their individual barriers to healthy ageing, enabling them to remain fit and independent for longer.

This intervention will incorporate the Age UK and NHS England's 'Practical Guide to Healthy Ageing' which contains recommendations on possible ways to help avoid the effects of ageing (such as staying active, socialising and eating well). Preliminary work has already been done with patients registered at Saltaire Medical Practice to establish the barriers and enablers to SMS for older people.

For further information please contact:

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