Supporting Nottinghamshire’s Older People with Frailty to Self-Care

Breakout B: Providing care for frail older people with long-term conditions or co-morbidities

The King’s Fund
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Introductions

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What we are going to cover

• Engaging with stakeholders to specify the requirement

• Distinctive features of the programme

• The results are so far

• What we are planning to do next
Through stakeholder engagement Nottinghamshire LETC identified key local priorities

Enabling supported self-care

Multi-professional and multi-agency learning and working

Integrated assessment

Consistent education and training standards

www.frailtytoolkit.org
Objectives & requirements of the first phase
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FRAILTY TOOLKIT APP

“Introduction to App is great and can’t wait to use it”

93% of training event participants said they were ‘likely’ or ‘very likely’ to share the Toolkit with colleagues.
MULTI AGENCY TRAINING EVENTS

“I liked being able to network with other organisations – knowing what is available and how to access their skills.”

89% said they were ‘likely’ or ‘very likely’ to recommend training to colleagues.
“Simple concept but works when seen in a visual way. Good use of balance”

91% rated ease of understanding key messages as ‘good’ or ‘excellent’ for the Frailty Fulcrum animation
SUPPORTED SELF CARE PLAN

“Great self-care plan which is easy to use.”

“I liked the supported self-care plan and feel it would be a useful tool alongside our own assessment plan.”
CO-DESIGNED CASE EXERCISES

“Loved getting to grips with real-life cases. Seeing the story through.”

93% felt the case scenarios were an ‘effective’ or ‘very effective’ way to achieve learning outcomes
"Very innovative in looking at how impairment affects function and, more to the point, of the feelings associated with impairment"

91% felt that the VR simulation was either ‘good’ or ‘excellent’ in terms of helpfulness in building empathy / walking in the shoes of an older person with frailty
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Key facts from phase 1 events

300+ individuals
40+ roles

92% of participants rated the training ‘very effective’ or ‘effective’

Round-table networking and multi-agency working were the best things about the day

50+ organisations

90% of participants were “likely” or “very likely” to download, recommend or share the Toolkit and Training

Length or intensity of the day was an issue for a small proportion of participants
Levels of confidence and understanding have increased by up to 40% at 3 month follow up.

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<thead>
<tr>
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<th>Pre-event - cohort</th>
<th>3 month - cohort</th>
<th>Pre-event - all</th>
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<tbody>
<tr>
<td>Understanding of frailty</td>
<td>6.2</td>
<td>8.1</td>
<td>6.4</td>
</tr>
<tr>
<td>Understanding of self-care</td>
<td>6.6</td>
<td>8.5</td>
<td>7.2</td>
</tr>
<tr>
<td>Confidence in supporting older people with frailty to self-care</td>
<td>6.0</td>
<td>8.3</td>
<td>6.4</td>
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<tr>
<td>Understanding of the roles of other health and care professional and their services and organisations</td>
<td>7.0</td>
<td>8.0</td>
<td>7.2</td>
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<tr>
<td>Confidence in signposting older people with frailty to the most appropriate services for their needs</td>
<td>6.3</td>
<td>7.7</td>
<td>6.6</td>
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<tr>
<td>Confidence in working with the families and informal carers of older people with frailty to support the person’s needs</td>
<td>6.9</td>
<td>8.0</td>
<td>7.1</td>
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Three biggest challenges for programme so far

Out of date technology has restricted access to Toolkit

Trust in Special Measures unable to release staff for training

Reaching 700+ primary care and social care providers!
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Development of shorter training modules

1. Raising awareness of frailty and supported self-care

2. Case-based multi-agency, multi-professional team experience
Improving access and learning as we go

- Further investment in whole-day training events
- Widen access to the online Toolkit
- Invest in maintaining Toolkit with potential for further content and functionality development
- Widen engagement
In summary...

Integration

Individuals

Innovation