


Frailty and Occupational Therapy - The Future

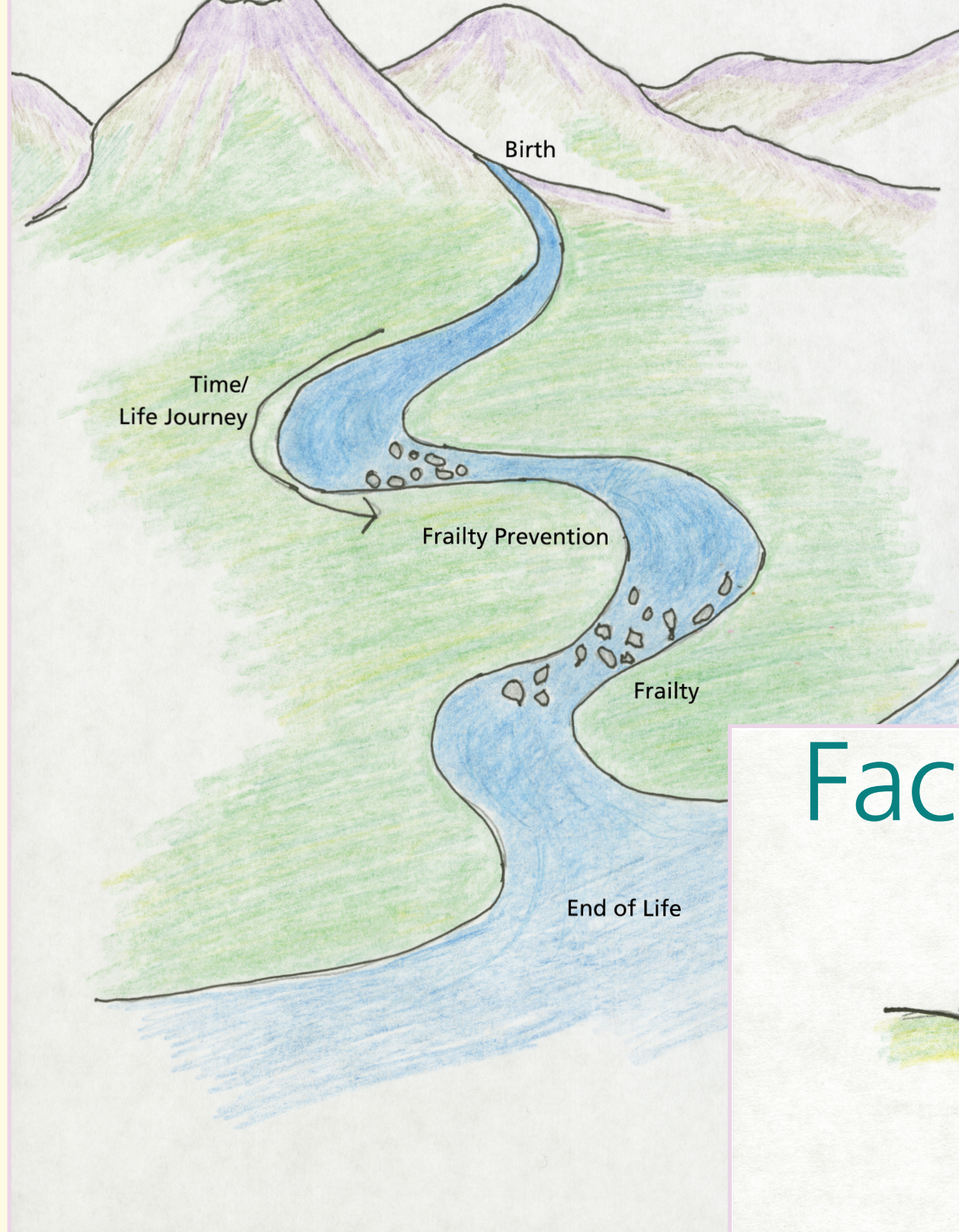


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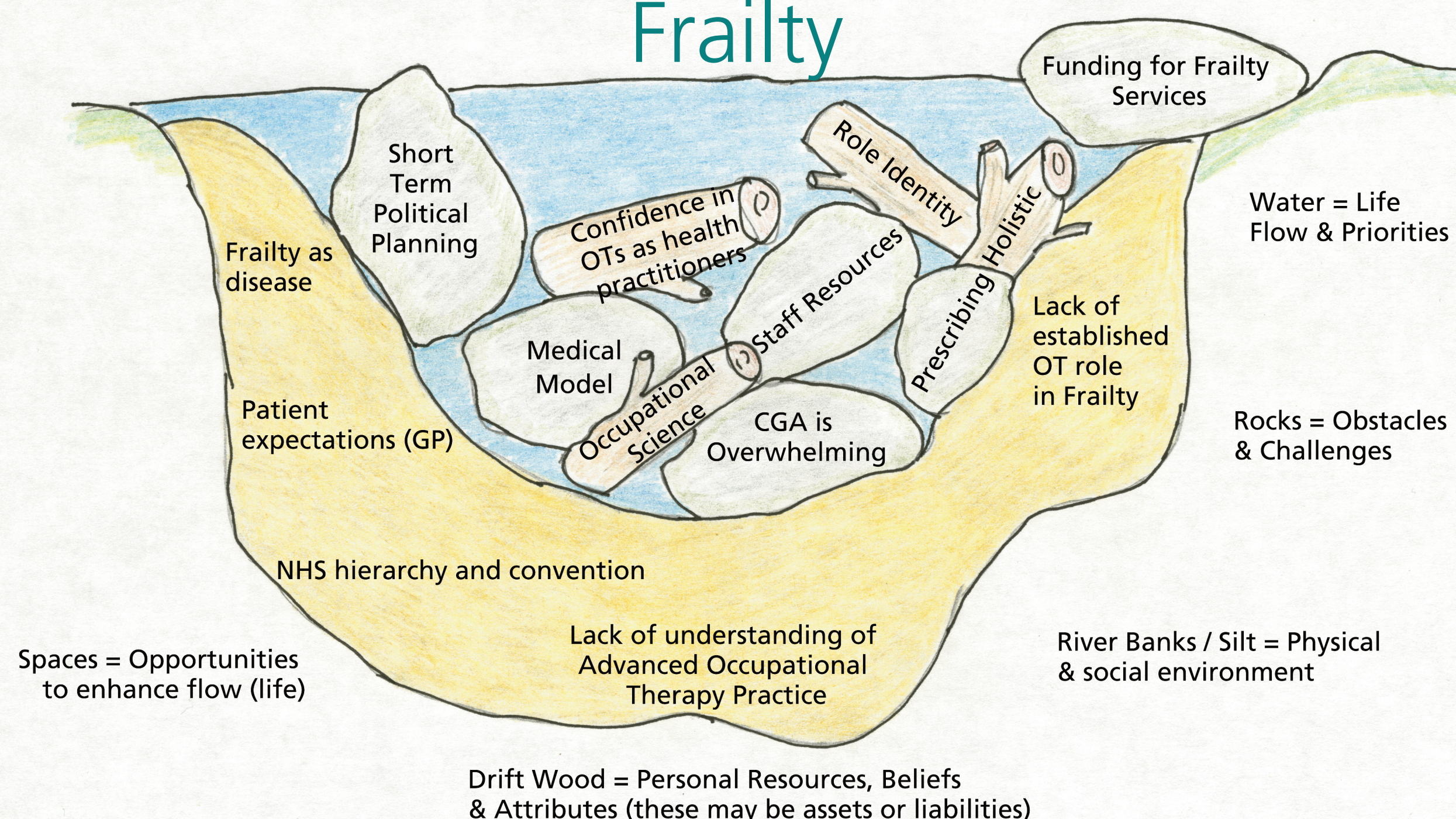
Life is like a River



Frailty is a progressive, degenerative long term condition characterised by loss of physical and/or cognitive resilience. This results in a four times greater risk for hospitalisation, care home admission or death (Vernon, 2018). Frailty is more effective than age as a way of identifying people with increased risks.

Frail people benefit from an holistic review based on the principles of Comprehensive Geriatric Assessment (2014). Occupational Therapy uses this approach to facilitate patient well-being. Occupational Therapy helps remove the boulderous burdens of frailty from the river of well-being (Iwama, 2002) by improving functional ability, enhancing accessibility of living environment, increasing resilience and addressing individual concerns and needs.

Factors limiting life flow for people with Frailty

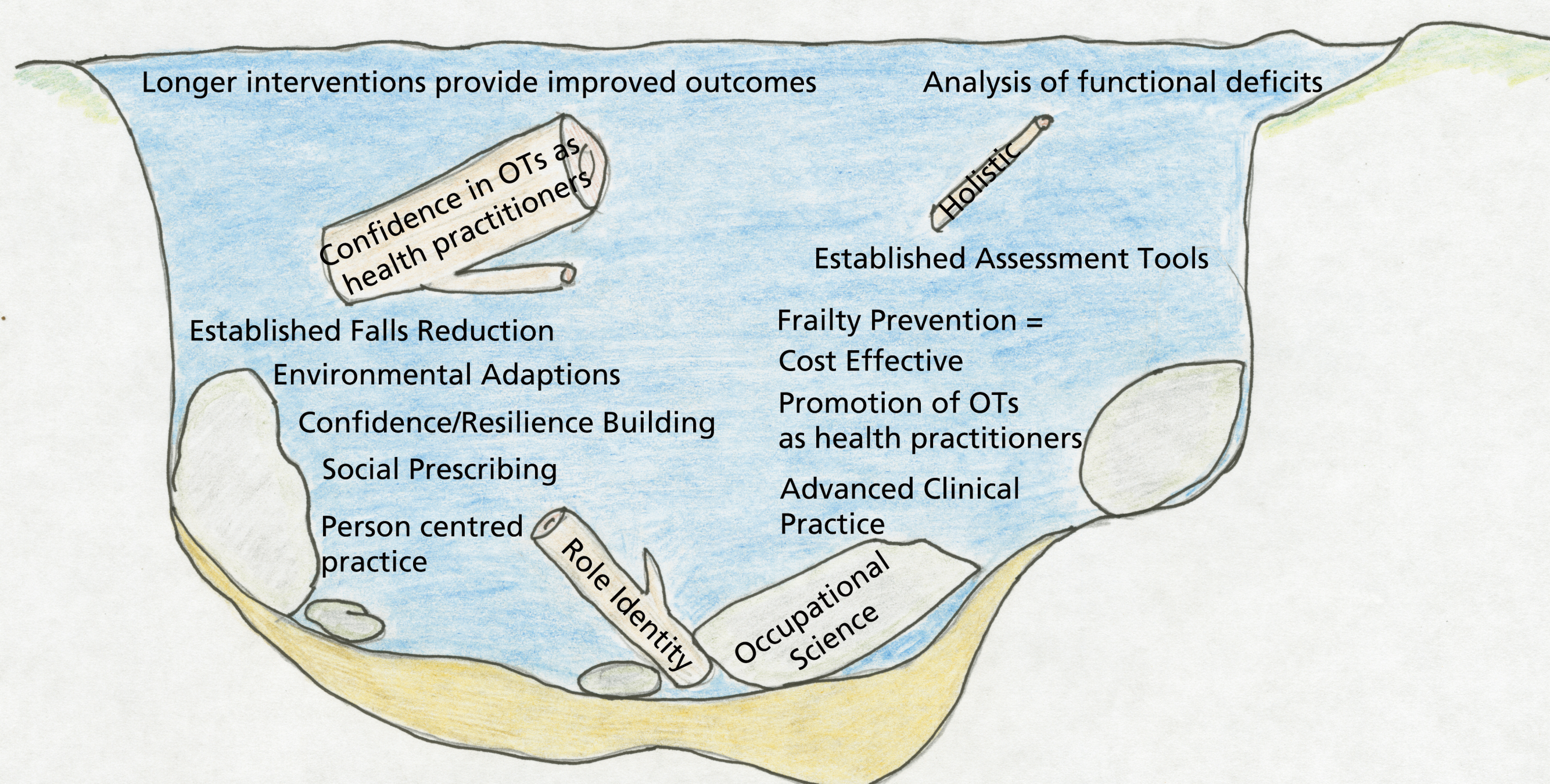


Forward Thinking Occupational Therapy:

brings Occupational Therapy to the front of a health or social care journey - health promotion, primary care, or acute.

- Anticipates holistic health needs
- Reduces cost through admission avoidance
- Reduces inpatient deconditioning
- Increases functional independence
- Improves occupational engagement
- Prevents occupational deprivation
- Increases quality of life years
- Improves mental health
- Prevention of occupational identity and role
- Prevents loss of resilience & Frailty
- Reduces impact of frailty through pre-habilitation

Interventions used by Occupational Therapy to Maximise the flow of life



Acknowledgement Illustrations adapted from and used by kind permission of Dr Michael Iwama

References 1. Clegg A, 2011, The Frailty Syndrome Clinical Medicine doi: 10.7861/clinmedicine.11-1-72 Clin Med February 1, 2011 vol. 11 no. 1 72-75) 2. British Geriatrics Society (2014) Managing Frailty - Comprehensive Geriatric Assessment [retrieved on 20/03/2018 from www.bgs.org.uk] 3. Iwama (2002) The Kawa Model: Culturally Relevant Occupational Therapy. 4. Daniels et al (2011) A disability prevention programme for community-dwelling frail older persons - Clinical Rehabilitation 25(11)963-74 5. Vernon, M. (2018) National Frailty Approach. Frailty Conference Midlands and East: Improving Care for People with Frailty