Primary Care Frailty Pathway

Self-Report

(Pictorial Fit Frail)

85 & older

Geriatric Syndrome(s)

Multi-morbidity

Psycho-social Concern(s)

**Triggers**

**Screening Approach**

13 and above: severe frailty1

**Assessment Approach**

0-3: no frailty1

9-12: moderate frailty1

4-5: at risk of

frailty1

6-8: mild frailty1

* End of life
* Palliative

1. [Wellness Connections Program (AVOID)](https://oceanhealthmap.ca/)
2. [CE Self-care](https://www.ceselfmanagement.ca/) (diet/nutrition, diabetes, …)
3. [Diabetes Education Network](https://oceanhealthmap.ca/)
4. [HHHS Exercise Programs](https://www.klhoht.ca/find-services)
5. PGLO [Caregiver Education and Training](https://geriatricsontario.ca/caregiving-strategies/)
6. OCO [for Caregivers](https://ontariocaregiver.ca/for-caregivers/)
7. [SF7 Toolkit](https://www.rgptoronto.ca/wp-content/uploads/2018/04/SF7-Toolkit.pdf)
8. Geriatric Mental Health & Addiction Services (CMHA, [PASE](https://www.prhc.on.ca/healthcare-services/seniors-care/psychiatric-assessment-services-for-the-elderly/), RMH)
9. Medication management ([Gerimedrisk](https://www.gerimedrisk.com/Make-a-Referral.htm), Community/In-house Pharmacist)

* Refer to community based interprofessional SGS Teams for Comprehensive Geriatric Assessment (CGA)
* Develop a care plan and provide person centred care in collaboration with SGS, specialists and community support services as required
* Develop and keep up-to-date advance care plan available to the care team across the continuum
* Monitor and manage arising symptoms and changes
* Coordinate care and support transitions
* Consider screening/assessing caregiver needs
* Consider social prescribing

1. [HHHS Palliative Care Community Team](https://search.caredove.com/kawarthalakesoht/service/26159)
2. [HHHS Hospice Central Intake](https://search.caredove.com/kawarthalakesoht/service/26158)

* Refer to community end of life services
* Consider serious illness conversations
* Interprofessional Geriatric Assessment
* Case-manage within practice
* Self-management strategies
* Routine monitoring
* Social prescribing
* Refer to preventative programs including social prescribing

**Interventions**

Include available programs/services

in your specific

local area

1. [Wellness Connections Program (AVOID)](https://search.caredove.com/service/30182)
2. HH-FHT CDM, Frailty assessment
3. [Adult Day Programs](https://search.caredove.com/kawarthalakesoht/service/26142)
4. [HHHS-CSS](https://oceanhealthmap.ca/)  (Friendly Visiting, Meals on Wheels

diet/nutrition, diabetes,…)

1. HCCSS (adult day programs)
2. [Alzheimer society (First Link Navigator)](https://www.klhoht.ca/find-services)
3. Family Support

Programs (social worker)

1. PGLO [Caregiver Education and Training](https://geriatricsontario.ca/caregiving-strategies/)
2. OCO [for Caregivers](https://ontariocaregiver.ca/for-caregivers/)
3. Geriatric Mental Health & Addiction Services (CMHA, [PASE](https://www.prhc.on.ca/healthcare-services/seniors-care/psychiatric-assessment-services-for-the-elderly/), RMH, [Fourcast](https://www.klhoht.ca/find-services))
4. Medication management ([Gerimedrisk](https://www.gerimedrisk.com/Make-a-Referral.htm), Community/In-house Pharmacist)
5. [Community Paramedicine](https://search.caredove.com/kawarthalakesoht/service/26296)

Specialists:

1. [PASE](https://www.prhc.on.ca/healthcare-services/seniors-care/psychiatric-assessment-services-for-the-elderly/)
2. Kawartha Centre
3. CMHA
4. RMH Day program
5. Hiawatha Life Services
6. [GAIN](https://oceanhealthmap.ca/)
7. MINT/Memory Clinics (HHFHT, Port Hope, SIRCH Community Services, Kawartha Centre)
8. [PASE](https://www.prhc.on.ca/healthcare-services/seniors-care/psychiatric-assessment-services-for-the-elderly/)
9. Medication management ([Gerimedrisk](https://www.gerimedrisk.com/Make-a-Referral.htm), Community/In-house Pharmacist)
10. Alzheimer society (First Link Navigator)
11. PGLO [Caregiver Education and Training](https://geriatricsontario.ca/caregiving-strategies/)
12. OCO [for Caregivers](https://ontariocaregiver.ca/for-caregivers/)
13. Geriatric Mental Health & Addiction Services (CMHA, RMH, Fourcast)
14. Social worker (advance care planning)
15. Psycho-geriatric resource consultant
16. HCCSS (PT/OT, PSW, adult day programs)
17. [HHHS-CSS Services](https://oceanhealthmap.ca/) (Friendly Visiting, Meals on Wheels

diet/nutrition, diabetes, etc.)

1. [Community Paramedicine](https://search.caredove.com/kawarthalakesoht/service/26296)

4-5: at risk of

frailty1

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6-8: mild frailty1

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**Interventions**

**(continued)**

Include available programs/services in your specific

local area