



NHG's AgeWell SG Frailty Programme: Be Fit, not Frail! (BFF)

Theme: Neighbourhoods

WHAT IS THIS INITIATIVE ABOUT?

Early screening is crucial for identifying frailty, and effective management can help extend healthy living by preventing significant health decline (MOH- National Frailty Strategy Policy Report, April 2023). Following NHG's learnings from its Falls Management Programme and in alignment with the MOH's National Frailty Strategy Policy and Age Well SG, NHG has implemented a comprehensive community frailty programme adopted from the World Health Organisation's (WHO) Integrated Care for Older People (ICOPE) framework titled - Be Fit, Not Frail (BFF). As guided by the ICOPE framework, residents would first undergo screening for intrinsic capacity losses (including mobility, cognition, nutrition, and mood) before receiving personalised care plans and appropriate referrals to community, primary or specialised care providers, depending on the residents' needs. Through early detection and interventions, frailty can be prevented, reversed, or managed, even in its advanced stages.

INITIATIVE'S IMPACT

- 1 Implement a common frailty needs assessment that can be used by laypersons to identify losses in intrinsic capacities for seniors in the community.
- 2 Pair frailty assessments with a health coaching model to nudge health behaviours of seniors – supported by One Menu of Programmes and other relevant resources.
- 3 Incorporate frailty management into care plans by community nurses at Community Health Posts (CHP) located at Active Ageing Centres, to improve last-mile care and monitoring.

PLANS AHEAD



TOUCH AAC staff administering questionnaires to residents that attended the screening event.







A NHG Health Coach and Nurse reviewing the screening results with participants at the BFF conducted at SLEC Bishan.

NHG aims to progressively roll out BFF to 42 Active Ageing Centre partners in FY25 and 41 Active Ageing Centre (AAC) partners in FY26.



OUR OFFER

Partner with us to conduct our Frailty Programme, BFF to:

- 1 **Facilitate the early detection** of frailty in your residents to allow for timely intervention and **delay further deterioration** 
- 2 **Collaborate with various stakeholders** such as Health Promotion Board (HPB) and Silver Generation Office (SGO) to **foster a community that supports healthy living and ageing** 
- 3 **Empower residents and AAC staff with knowledge on frailty** to encourage **proactive management of their own health** 
- 4 **Increase the opportunities to outreach to more residents in the community** especially those who may not otherwise seek care 
- 5 Receive post-screening data and work together to develop a **shared dashboard** to support **effective follow-up** on the recommended interventions from the screening event 