Prevention of functional decline and frailty for older people

A European Innovation Partnership on Active and Healthy Ageing priority

WHAT IS FRAILTY?

Frailty is a syndrome related to the ageing process that affects the functional and cognitive health of older people. It is characterized by loss of mobility, vulnerability to disease, and increased risk of death.

WHAT ARE WE DOING TO ADDRESS FRAILTY?

The European Innovation Partnership on Active and Healthy Ageing (EIP on AHA) supports public and private actors to work together to prevent and mitigate frailty. The EIP on AHA focuses on the following priorities:

- Prevention of functional decline and frailty
- Promoting healthy aging
- Ensuring the accessibility and quality of social care and healthcare services
- Training and knowledge sharing to improve the performance of professionals in social care and healthcare

THE OUTCOME OF THESE INTERVENTIONS WOULD BE INCREASING THE NUMBER OF PEOPLE LIKE:

- Guillaume, 78 years old
- Stefania, 69 years old
- Lisbeth, 78 years old
- María, 83 years old
- Lisbeth, 78 years old
- María, 83 years old

WHAT IS FRAILTY ABOUT PEOPLE LIKE...

Prevention of functional decline and frailty is a European Innovation Partnership on Active and Healthy Ageing priority for older people.

FUNCTIONAL DECLINE

THE SOCIAL PERSPECTIVE

The social perspective focuses on understanding the social drivers of frailty and how to support older people to maintain their independence and quality of life. This includes interventions that promote social participation, reduce loneliness and isolation, and support the transition from institutional care to community-based care.

THE RESEARCH PERSPECTIVE

The research perspective focuses on understanding the biological and physiological mechanisms underlying frailty and how these can be targeted in interventions to prevent and reverse functional decline. This includes studying the determinants of frailty and identifying innovative solutions to prevent and reverse functional decline.

THE CLINICAL PERSPECTIVE

The clinical perspective focuses on developing and implementing evidence-based interventions to prevent and reverse functional decline and frailty in older people. This includes developing new treatments, technologies, and care models that are tailored to the individual needs of older people.

THE OUTCOME OF THESE INTERVENTIONS WOULD BE INCREASING THE NUMBER OF PEOPLE LIKE:

- Guillaume, 78 years old: a university teacher who was diagnosed with diabetes and has to take medication.
- Stefania, 69 years old: a 79-aged woman who swins and takes long walks.
- Lisbeth, 78 years old: a 79-aged woman who takes care of her husband and takes medication.
- María, 83 years old: a 83-aged woman who lives with her 55 year-old family doctor and community nurses follow her up closely.

The more vulnerable an individual is, the higher the risk of falls, immobility or disability, institutionalisation and death.

The European Innovation Partnership on Active and Healthy Ageing aims to advance the state of knowledge on frailty prevention and mitigation and to develop innovative solutions to prevent and reverse functional decline in older people.