Managing Frailty

A comprehensive approach to promote a disability-free advanced age in Europe: the ADVANTAGE initiative

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Why Frailty is important
Frailty means increased vulnerability of older people. This has health consequences for the individual: they go to hospital more often with adverse outcomes and may lose autonomy. Frailty is not the same as ageing!

Frailty in Europe
In Europe, one estimation states that 17% of older people (65+) are considered as frail and 44% as approaching frailty (2012). This percentage tends to increase from Northern to Southern Europe and will increase in the future due to demographic change.

Why should frailty be tackled?
Frailty is not an inevitable consequence of ageing. It can be prevented to foster a longer and healthier life! Frailty puts a huge burden on the care systems and represents a challenge to the sustainability of health and care systems in Europe.

What is ADVANTAGE
ADVANTAGE is a Joint Action with 22 Member States and 35 organizations involved. It is co-funded by the EU and the Member States.

Objective
ADVANTAGE aims to build a common understanding on frailty to be used in all the Member States.

ADVANTAGE specific objectives are:
To create awareness among stakeholders, especially policy and decision makers;
To propose a common European strategy on frailty from prevention screening, early diagnosis, assessment to management of frailty;
To promote important and sustainable changes in the organization and implementation of care in the Health and Social Systems in Europe;

ADVANTAGE will:
Summarize the current State of the Art for the effective management of frailty, both at a personal and population level;
Propose a common roadmap - a common European model to tackle frailty;
Increase knowledge in the field of frailty and indicate what should be prioritized in the next years at European, National and Regional level.