Ageing and Frailty SIG

Knowledge Exchange

IFIC's Ageing and Frailty SIG hosted a hybrid knowledge exchange on 22 June 2026 in collaboration with the University of the West of Scotland. SIG members from Queensland, Catalonia, Canada and Scotland shared insights from their research, education and improvement programmes on healthy ageing and preventing and managing frailty.

Dr Caroline Nicholson, Director for Operations and Principal Research Fellow, Centre for Health System Reform & Integration, Mater Research Institute, University of Queensland spoke about:

- Nurse-led care for older adults with frailty presenting to ED from aged care facilities
- Use of the FRAIL Scale alongside a 75+ health assessment in four primary health networks
- Development of a Western Queensland Alliance for Healthy Ageing, Australia

Dr Lara Mitchell, Consultant Older People's services QEUH, Strategic National Clinical Lead Acute, Healthcare Improvement Scotland highlighted the national standards on Ageing and Frailty in Scotland and gave an overview of the Focus on Frailty programmes to improve hospital and community services for older people living with frailty.

Prof Catherine Donnelly & Vincent DePaul, Associate Professors in the School of Rehabilitation Therapy, Queen's University, Kingston, Ontario, Canada gave an overview of **Oasis –** their participatory community led research and implementation programme on ageing well at home, co-designed with older adults living in Naturally Occurring Retirement Communities., that aims to support people to age well in the right place.

Dr Miqel Angel Mas, Institut Català de la Salut, Catalonia, Spain spoke about the ProPCC programme for people with complex chronic conditions, frailty and palliative care. More details can be found in IFICs report on good practices at primary care –secondary care interface.

Dr Nuria Molist shared highlights from **ADMIT,** a programme in which 19 centres across three regions of Catalonia aim to provide more coordinated personalised care close-to-home. The overarching goal is to increase by 5% the number of days people stay in their own homes.

Dr Clàudia Roca presented on behalf of colleagues from Consorci Hospitalari de Vic, Fundació Hospital de la Santa Creu de Vic and the C3RG Research Group on Chronic Conditions in Central Catalonia. She outlined their community of practice Transformational Project on Integrated Care across four regions of Catalonia.

Helen Rainey, UWS Lecturer https://cpd.uws.ac.uk/w/courses/374-frailty-matters-to-us-allhighlighted a new short course available online as Frailty is everyone's business: Frailty Matters to Us All https://cpd.uws.ac.uk/w/courses/374-frailty-matters-to-us-all

Please see here for the materials from the webinar:

Webinar recording

Presentation slides and flash report

Additional reading and links shared by the four countries participating:

Australia

- UQ-MRI CHSRI
- https://sydneynorthhealthnetwork.org.au/programs/frailty/
- ACI-Living-with-frailty-clinical-priorities.pdf
- Aging Clin Exp Res 31,1695–1698 (2019). https://doi.org/10.1007/s40520-018-1101-z
- Australian Journal of Primary Health 30, PY23173. https://doi.org/10.1071/PY23173
- Interact J Med Res. 2026 Mar 2;15:e79681. doi: 10.2196/79681. PMID: 41815005; PMCID: PMC12954687.

Scotland

- https://www.healthcareimprovementscotland.scot/publications/ageing-and-frailty-standards/
- https://www.healthcareimprovementscotland.scot/improving-care/improvement-programmes/focus-on-frailty/

Canada

- Oasis Communities for Aging Well**:** https://www.oasisagingwell.com/

Catalonia

- Designing a Person-Centred Integrated Care Programme for People with Complex Chronic Conditions: A Case Study from Catalonia. International Journal of Integrated Care, 2021; 21(4): 22, 1–12. DOI: https://doi.org/10.5334/ijic.5653
- Evaluating Person-Centred Integrated Care to People with Complex Chronic Conditions: Early Implementation Results of the ProPCC Programme. International Journal of Integrated Care, 2023; X(X): X, 1–12. DOI: https://doi.org/10.5334/ijic.7585
- IFIC Case Study https://integratedcarefoundation.org/wp-content/uploads/2025/05/IFIC3771-ICS-THF-Intern-Case-Studies-v2.pdf

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