

Supporting Nottinghamshire's Older People with Frailty to Self-Care

Introducing the Frailty Toolkit & App for health & care professionals

Training Event Outline Agenda

Outline Timings	Session
0900 – 0915	Registration
0915 – 0930	Overview of the day
0930 – 1000	Team quiz: Concepts & Consequences of Frailty
1000 – 1110	Understanding frailty
1110 – 1125	Break
1125 – 1230	Frailty & Supported self-care
1230 – 1245	Introducing the Frailty Toolkit App
1245 – 1330	Lunch
1330 – 1340	Overview of the afternoon's programme
1340 – 1500	Supported self-care along journeys of frailty: Case-based scenario 1
1500 – 1515	Break
1515 – 1635	Supported self-care along journeys of frailty: Case-based scenario 2
1635 - 1645	Recap of the day, feedback and close