



## The ADVANTAGE initiative.

A comprehensive approach to promote a disability-free advanced age in Europe.

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**Deputy coordinator of ADVANTAGE JA**

**Brussels, 3 April 2019**

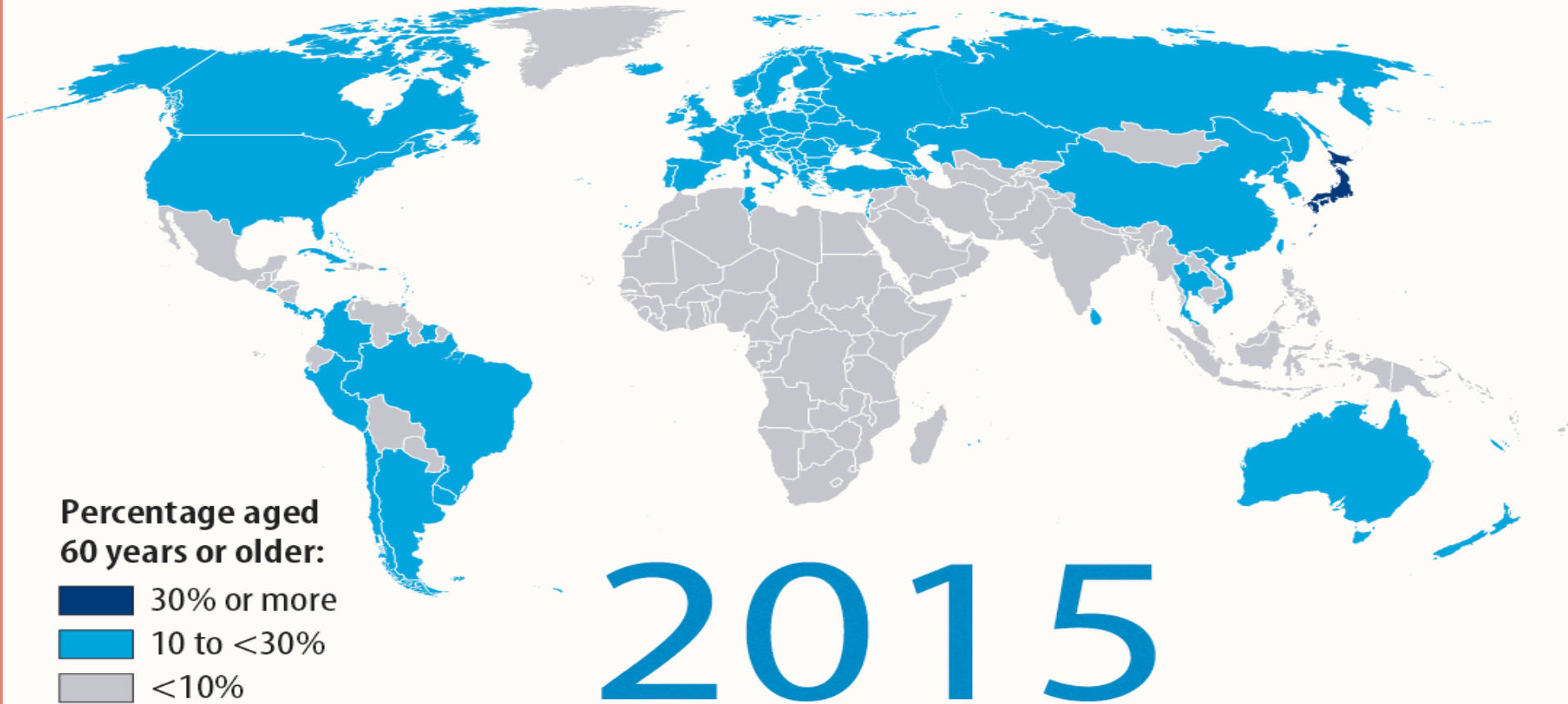


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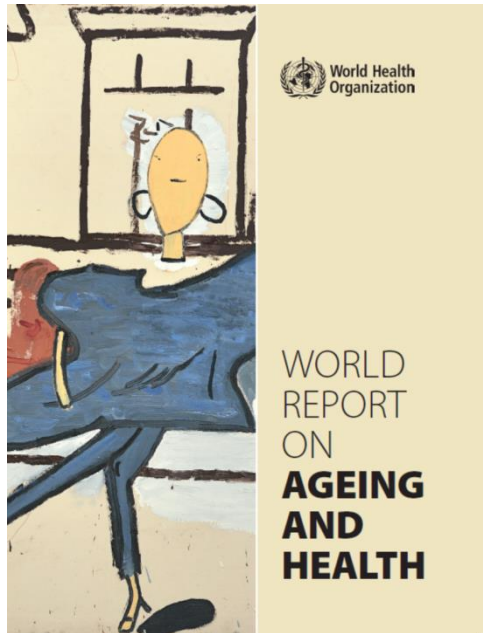
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# Populations are getting older



# Based on...



***Healthy Aging:*** the process of developing and maintaining the **functional ability** that enables well-being in older. (WHO 2015)

***Functional Ability:*** The health-related attributes that enable people **to be and to do what they have a reason to value.** (WHO 2015)





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MANAGING FRAILTY

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# ADVANTAGE JOINT ACTION



2017 a 2019

Co-financed by  
EEMM &  
UE PSP 2014-2020

22 EEMM  
Coordinated by Spain



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# Objectives



ADVANTAGE JA aims at building a common understanding on frailty to be used in Member States, by policy makers and other stakeholders, ...

....

....which should be the base for a common management both at individual and population level of older people who are frail or at risk of developing frailty throughout the European Union.

1. To promote important sustainable **changes in the organization and implementation of care** in the Health and Social Systems.
2. To **prepare a common European framework** on screening, early diagnosis, prevention, assessment and management of frailty.
3. To develop a **common strategy on frailty prevention and management**, including **raising awareness** and **advocacy** among stakeholders, especially policy and decision makers.



# Workpackages structure



WP 1. COORDINATION OF THE JA

WP 2. COMMUNICATION, AWARENESS AND DISSEMINATION

WP 3. EVALUATION OF THE JA

WP4	Frailty definition. Relationship of frailty with chronic diseases and multi-morbidity. Individual screening and diagnosis.
WP5	Epidemiology. Population screening, monitoring and surveillance.
WP6	Prevention. Clinical management and treatment (including nutrition, physical activity, drugs and ICTs).
WP7	Health and social care models for frailty management.
WP8	Education/training of the workforce. Research.

# Implementation process



**Phase I** (2017) - **State of the Art** – review of the literature

**Phase II** (2018) -how is the approach of frailty in the different MSs.  
**Frailty prevention Approach**

**Phase III** (2019) - debating next steps with participant MSs, the final framework, the FPA document and **policy recommendations.**

Increase awareness about frailty



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# State of the Art



1. Identification & analysis of evidence from **4** sources of evidence:
  1. peer-reviewed articles
  2. grey documents
  3. good practices identified at European level
  4. EU funded projects
2. Discussion by WP4-WP8 partners
3. Drafting of documents
4. Critical reading by Expert Panel (EP)
5. Discussion workshop WP4-WP8 & WP1 & EP
6. Final drafting of document



Rodríguez Mañas L, García-Sánchez I, Hendry A, Bernabei R, Roller-Wirnsberger R, Gabrovec B, Liew A, Carriazo AM, Redon J, Galluzzo L, Viña J, Antoniadou E, Targowski T, Di Furia L, Lattanzio F, Bozdog E, Telo M.  
Key Messages for a Frailty Prevention and Management Policy in Europe from the ADVANTAGE JOINT ACTION Consortium. J Nutr Health Aging. 2018;22(8):892-897.



Complete documents available at [www.advantageja.eu](http://www.advantageja.eu)



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# Frailty Prevention Approach



1. Survey Ms: ADVANTAGE JA collected information from participating Member States (MS) and regions about their current approaches.
2. Areas of information investigated have referred to the following:
  1. Knowing frailty at population level.
  2. Knowing frailty at individual level.
  3. Management of frailty at individual level
  4. Models of care to prevent or delay progression of frailty
  5. Extending and expanding the knowledge on frailty: training and research
3. The following categories, depending on the extent of frailty actions, were agreed by the Consortium:

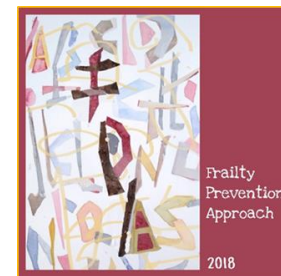
**Basic:** Nothing is going on in the MS in relation to that item.

**Fair:** Something is being done in some places of the MS.

**Well developed:** relevant interventions/programmes are being carried out in many parts of the MS.

**Advanced:** there is a national strategy on that item.

**Sustainable:** there is an evaluated national strategy or an agreed plan to sustain it.



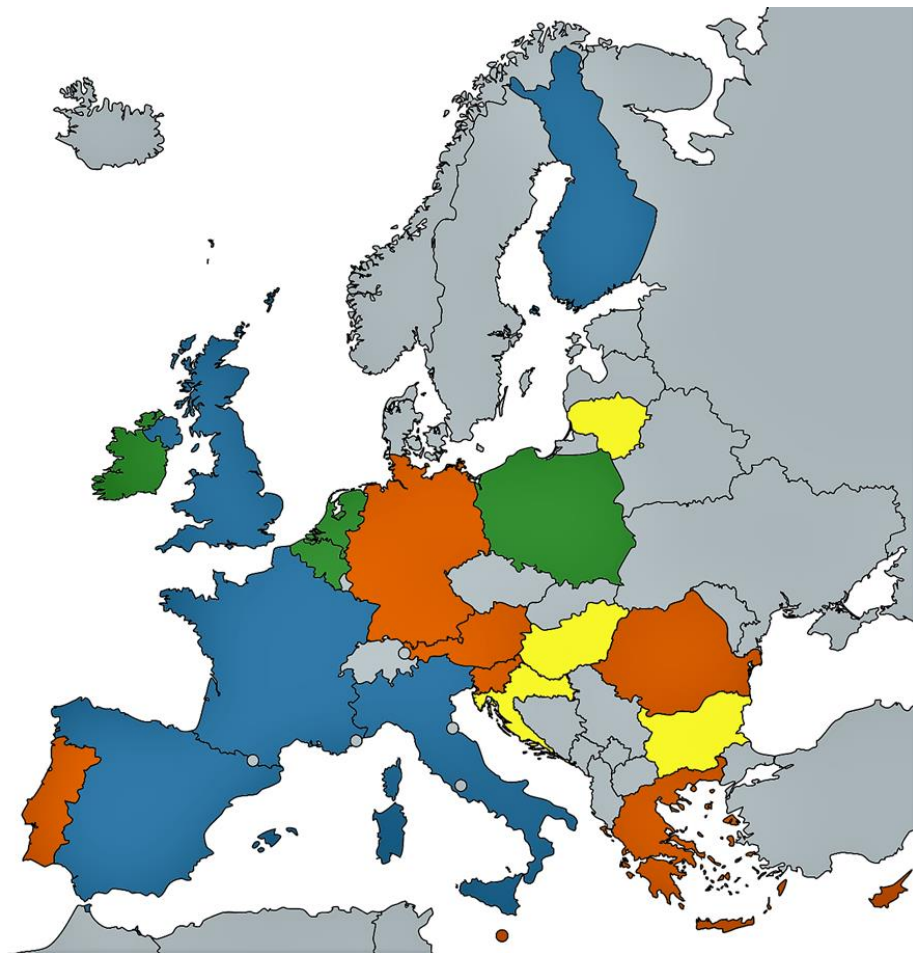
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# Frailty Prevention Approach



MS	DEGREE	SUSTAINABLE	ADVANCED	WELL DEVELOPED	FAIR	BASIC
Austria					FAIR	
Belgium				WELL DEVELOPED		
Bulgaria						BASIC
Croatia						BASIC
Cyprus					FAIR	
Finland			ADVANCED			
France			ADVANCED			
Germany					FAIR	
Greece					FAIR	
Hungary						BASIC
Ireland				WELL DEVELOPED		
Italy			ADVANCED			
Lithuania						BASIC
Malta					FAIR	
Netherlands				WELL DEVELOPED		
Poland				WELL DEVELOPED		
Portugal					FAIR	
Romania					FAIR	
Slovenia					FAIR	
Spain			ADVANCED			
UK			ADVANCED			

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# Current phase.....



1-. Within ADVANTAGE JA each Member State (MS) has been asked to identify priorities on which to focus to develop an MS specific Frailty Roadmap, suited to their own circumstances, that responds to EU recommendations, and that advances their policies on frailty.

2-. MS Roadmaps: discussion in Athens (10 & 11 April) and Hannover (29 & 30 April) in order to identify common pathways within same level of implementation MSs.



## ADVANTAGE JOINT ACTION: TEMPLATE ROADMAP

ACTIVITIES	2020	2021	2022	2023
<b>Make frailty a priority in the public health agenda</b> Convertir la fragilidad en una prioridad de salud pública				
1-. Campaña nacional de concienciación sobre la fragilidad dirigida a: - Población general - Profesionales de salud que trabajan con <u>p.mayores</u> - <u>Políticos</u> (ministerios y <u>consejerías</u> ) Mensajes clave: - 1. Que es la fragilidad: vulnerabilidad (definición WHO simplificada) - 2. Importancia y relevancia de la fragilidad como punto angular en la prevención de la dependencia asociada al envejecimiento - 3. <u>Promoción de Documento Consenso</u>				
<b>Promote management of frailty at population level (including surveillance/monitoring and screening at a population level)</b> Promocionar el manejo de la fragilidad a nivel poblacional (incluyendo <u>vigilancia/monitorización</u> y <u>screening poblacional</u> )				
1-. Incluir la fragilidad en la Encuesta Nacional de Salud (prox 2022???, ultima 2017)				
2-. Impulsar la implementación del Documento de				



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**Thank you for your attention!**



**On behalf of ADVANTAGE JA Consortium**  
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