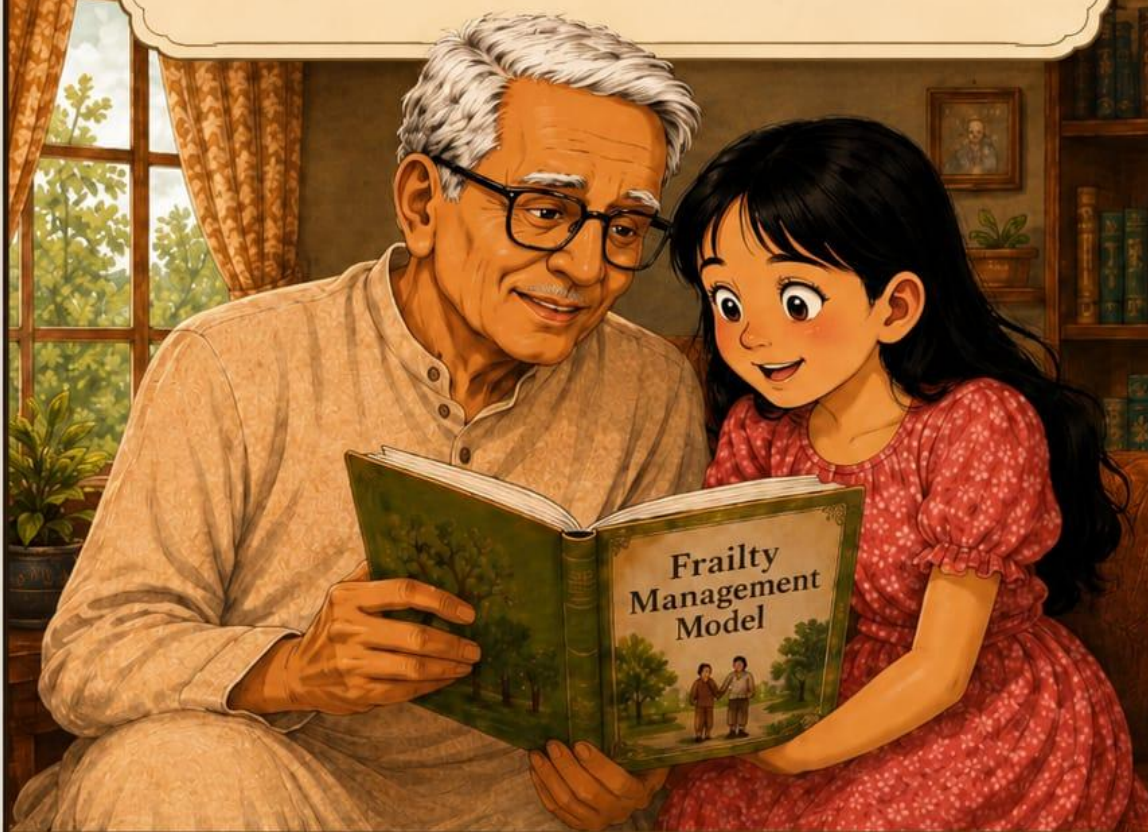


Frailty Education for Older Adults in India



A STORY OF OVERCOMING FRAILTY

— An Inspirational Journey of the —
Frailty Management Model

KEY AREAS FOR HEALTHY AGEING



HEALTHY
LIFESTYLE



NUTRITION
& FOOD



REGULAR
EXERCISE



MENTAL
HEALTH



SOCIAL
CONNECTION



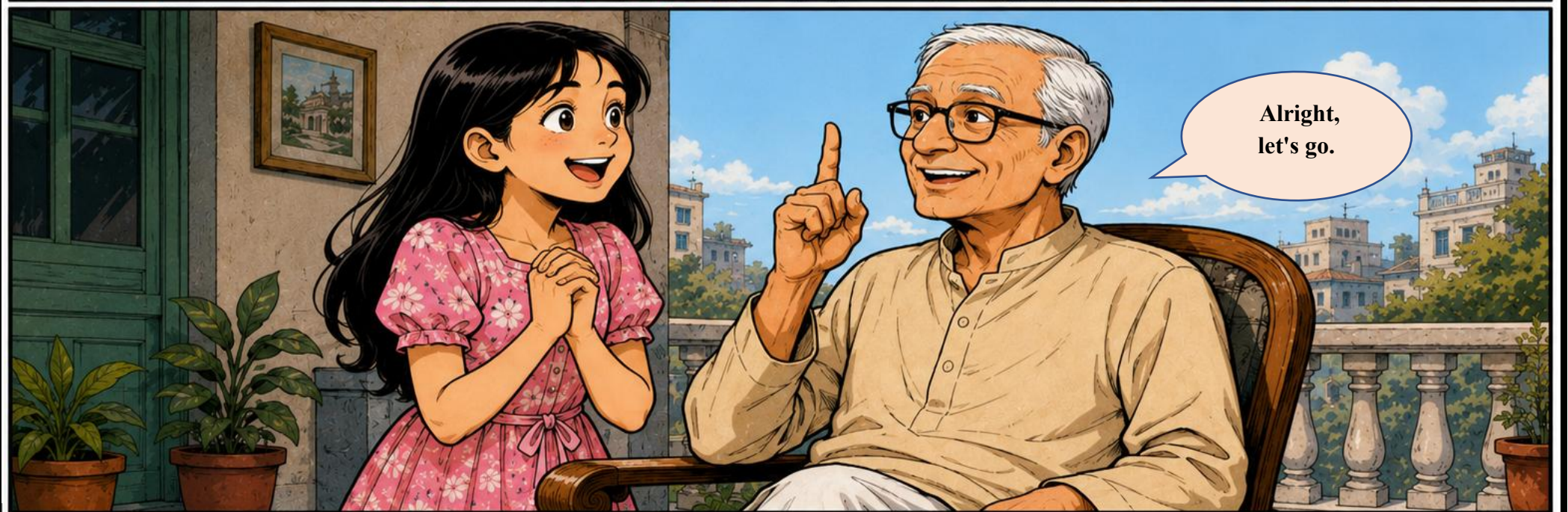
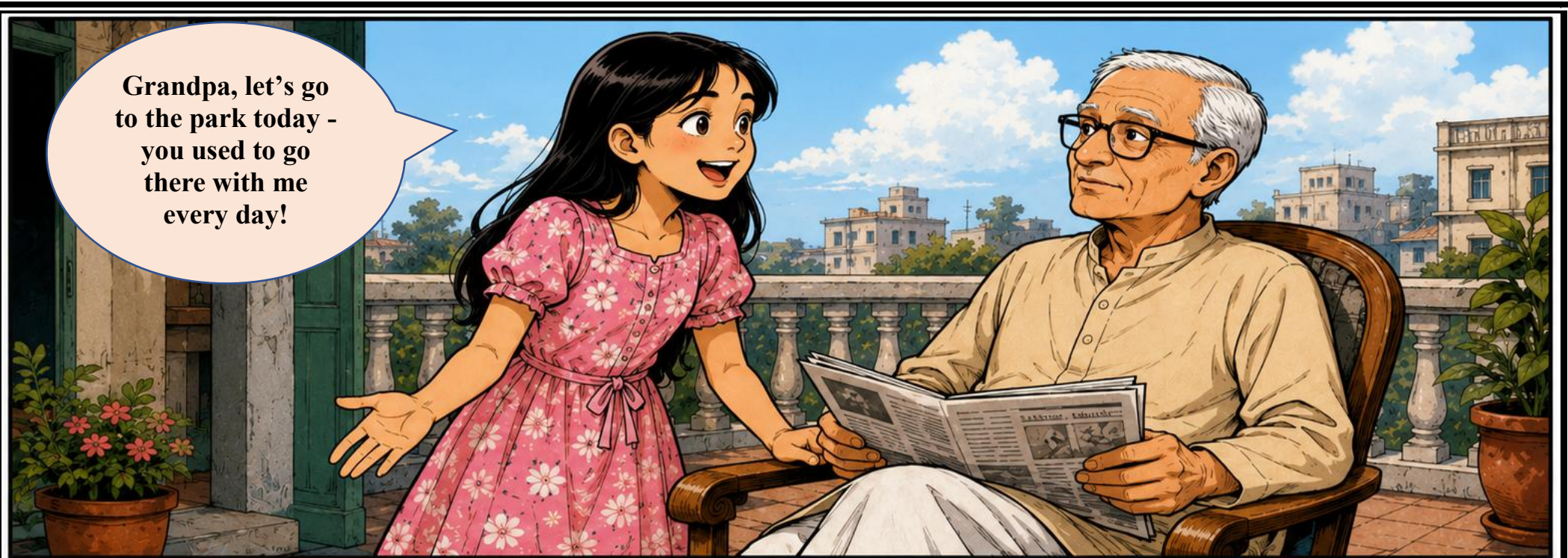
HOME
SAFETY

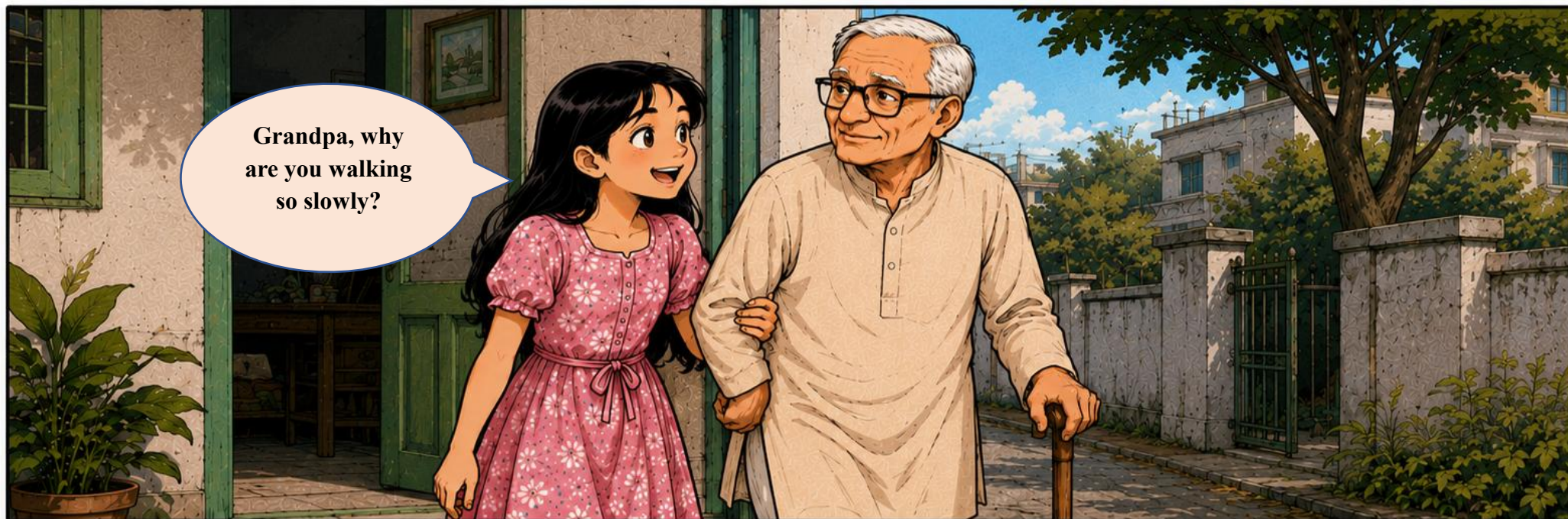


REGULAR
HEALTH
CHECK-UPS

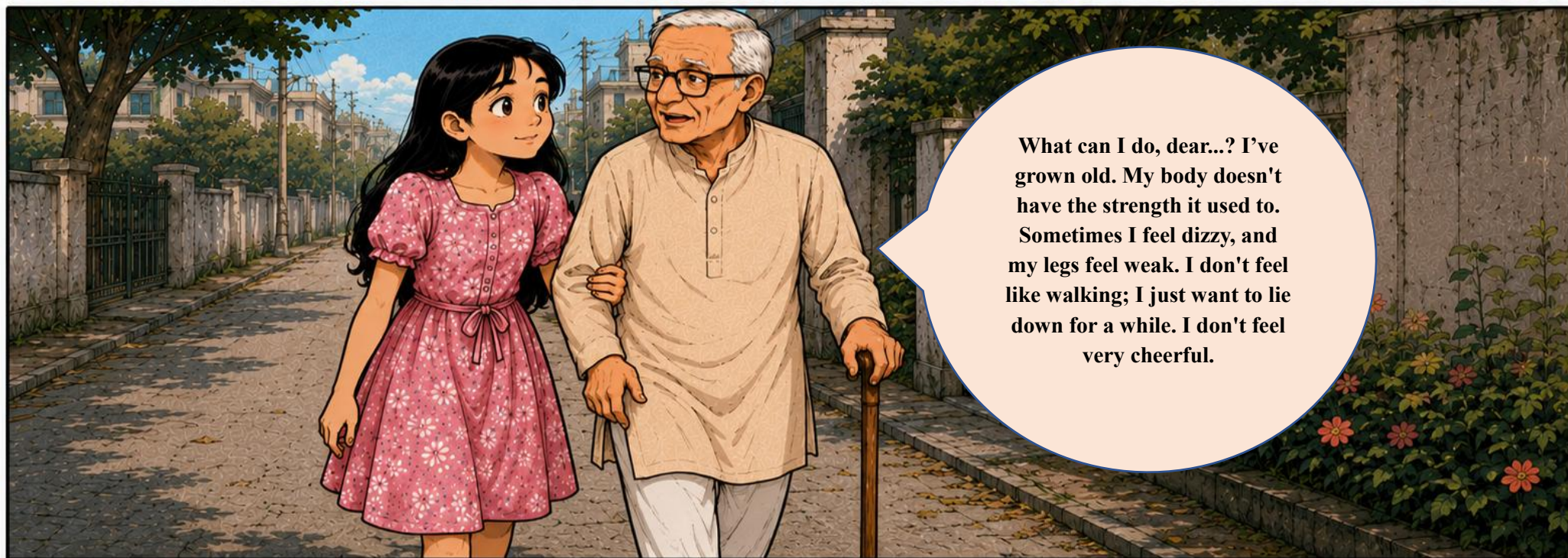


PREVENTING
FRAILTY,
WELL-BEING
IS THE GOAL

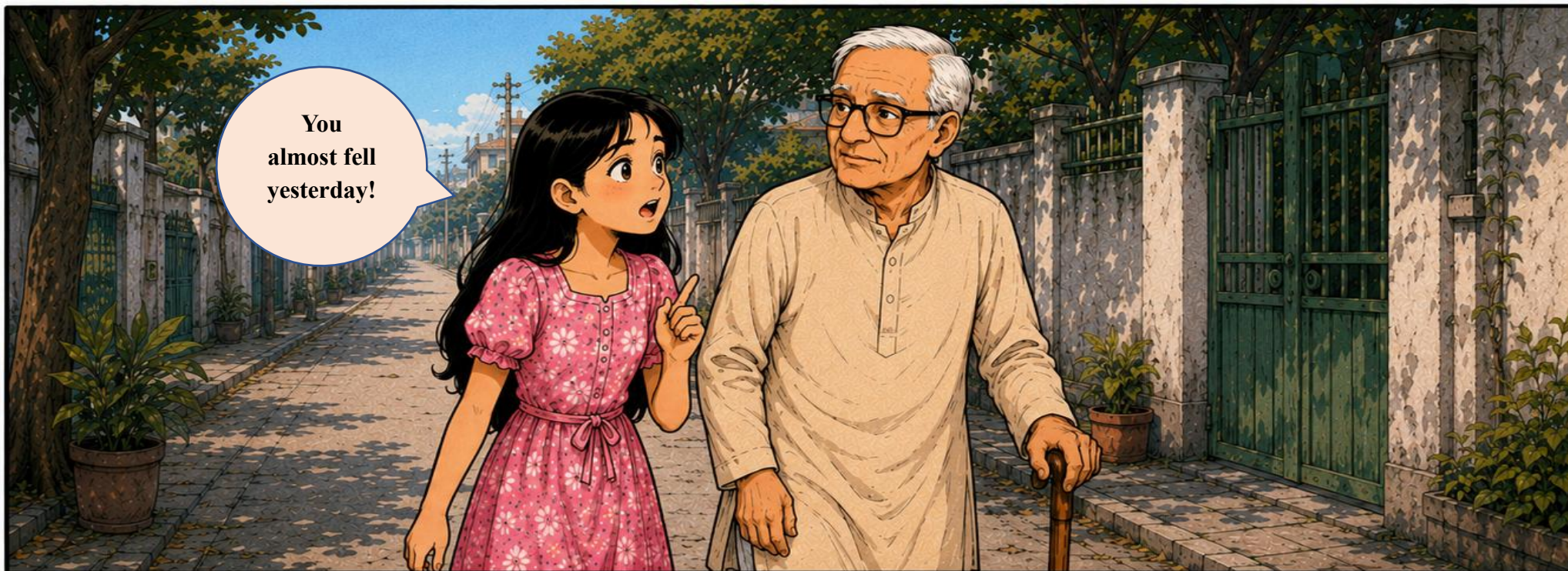




Grandpa, why
are you walking
so slowly?



What can I do, dear...? I've
grown old. My body doesn't
have the strength it used to.
Sometimes I feel dizzy, and
my legs feel weak. I don't feel
like walking; I just want to lie
down for a while. I don't feel
very cheerful.



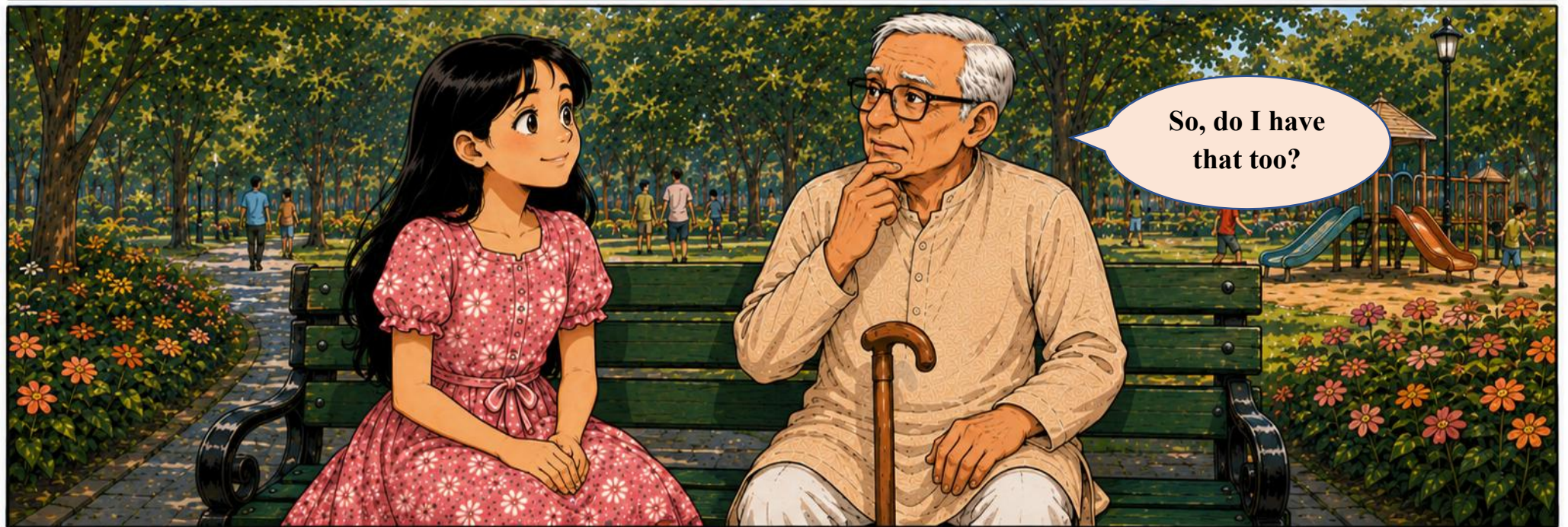
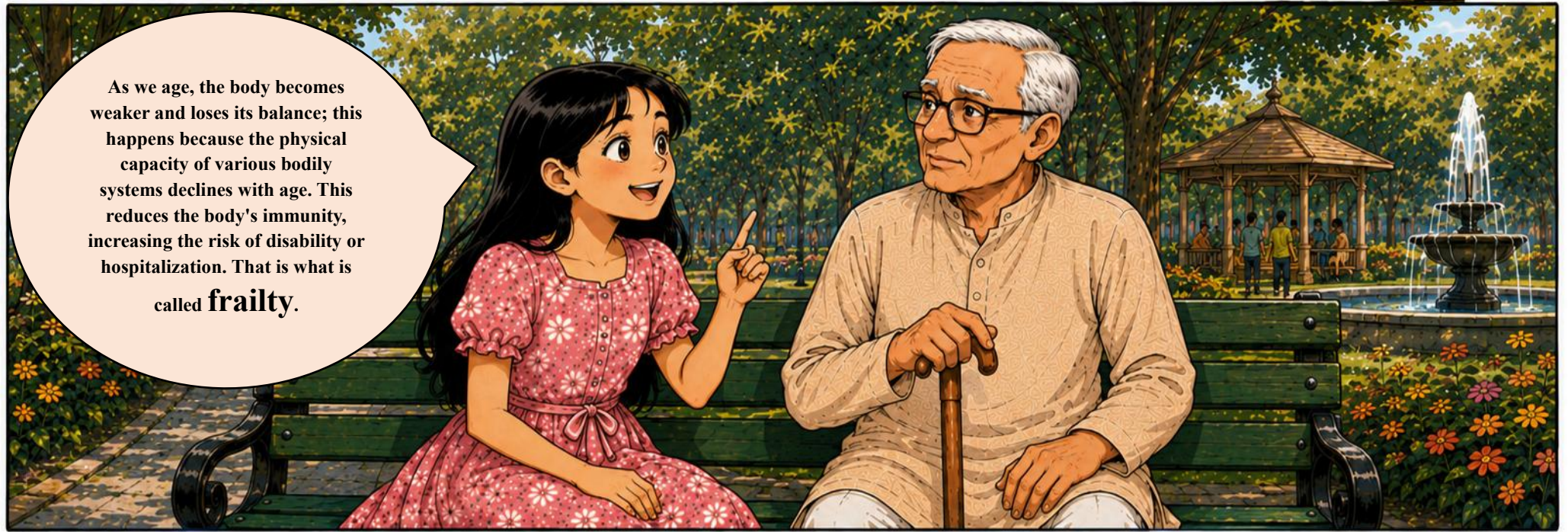


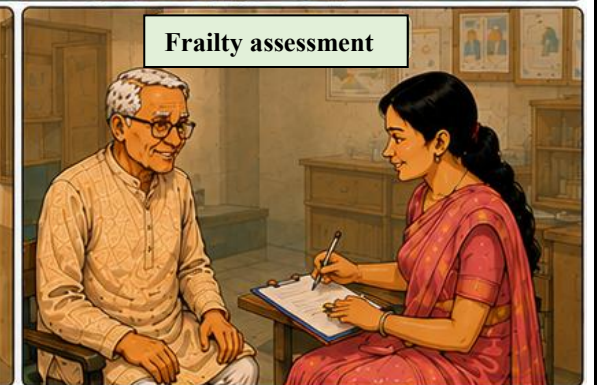
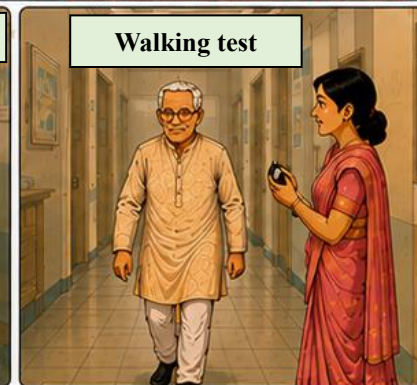
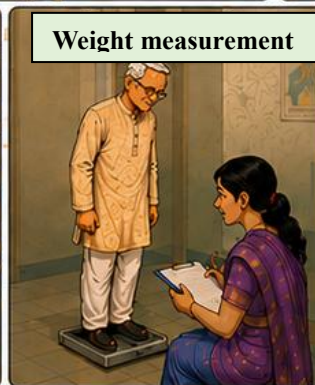
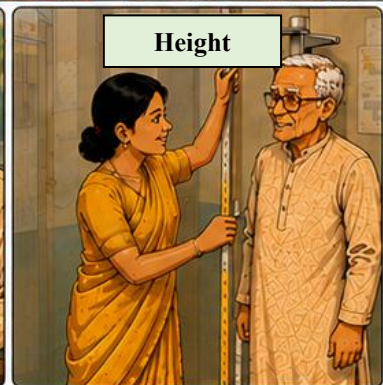
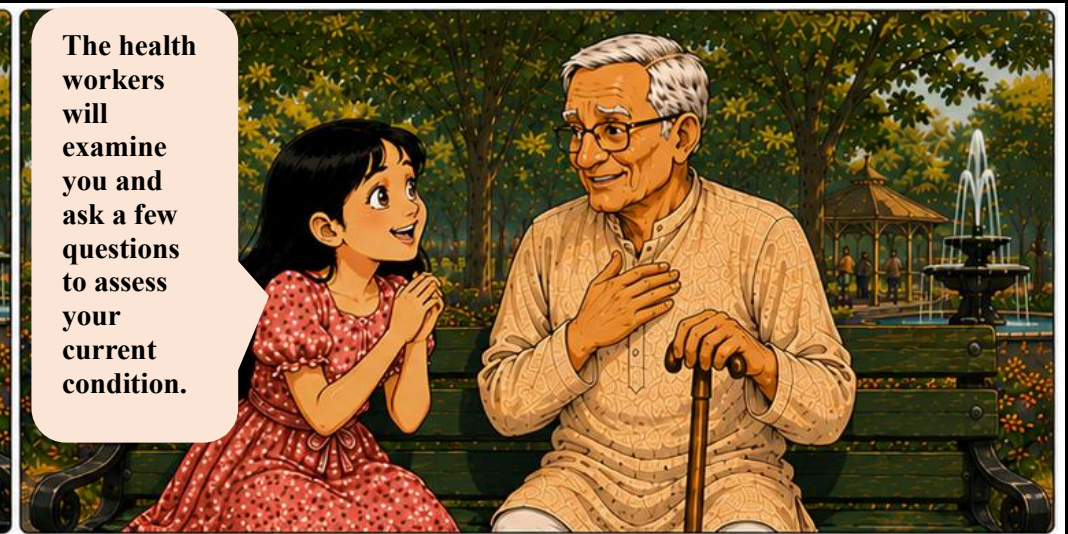
Grandpa, I heard
at a school health
program that this
could be
'frailty'.



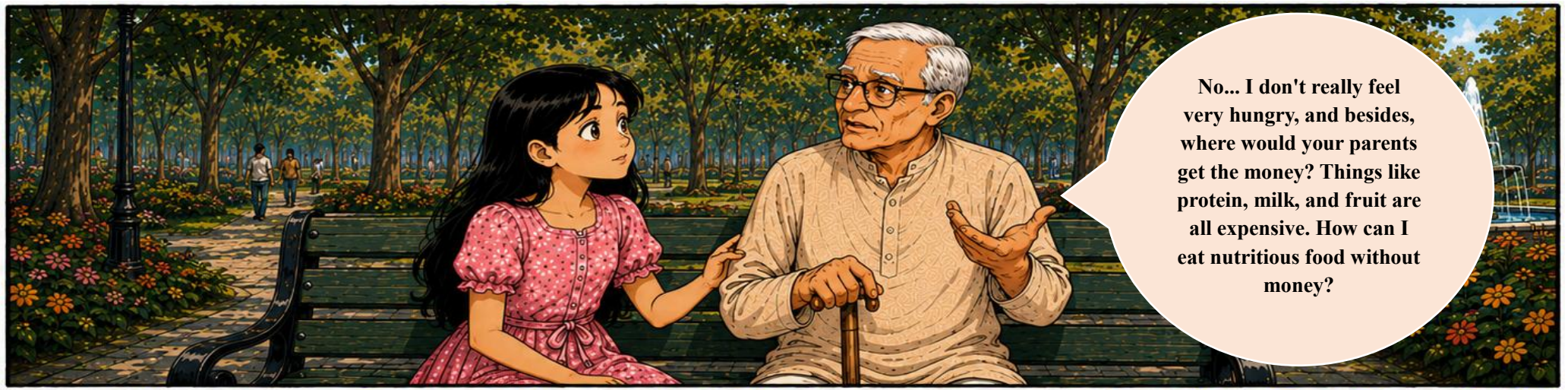
Stay Healthy
Walk Regularly

Frailty?
What exactly
is that?









It is possible to have a healthy diet using just what we have at home. That way, all your needs for protein, carbohydrates, and fats will be met.

Lentils, chickpeas, peas, milk—these contain protein.



Even a single egg provides a lot of nutrition.



Seasonal vegetables - like bottle gourd, pumpkin, spinach, papaya, and yardlong beans - are very beneficial.



Protein needs are also met by having lentils and vegetables with rice, along with fish, soybeans, or meat from time to time.



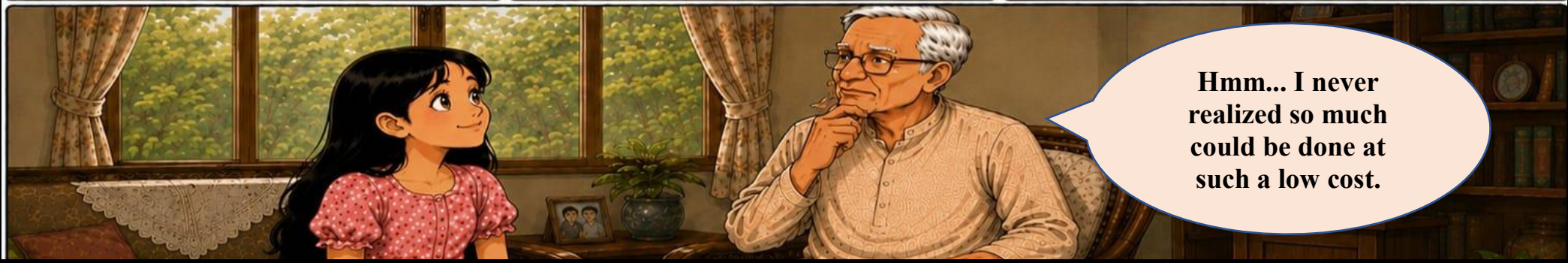
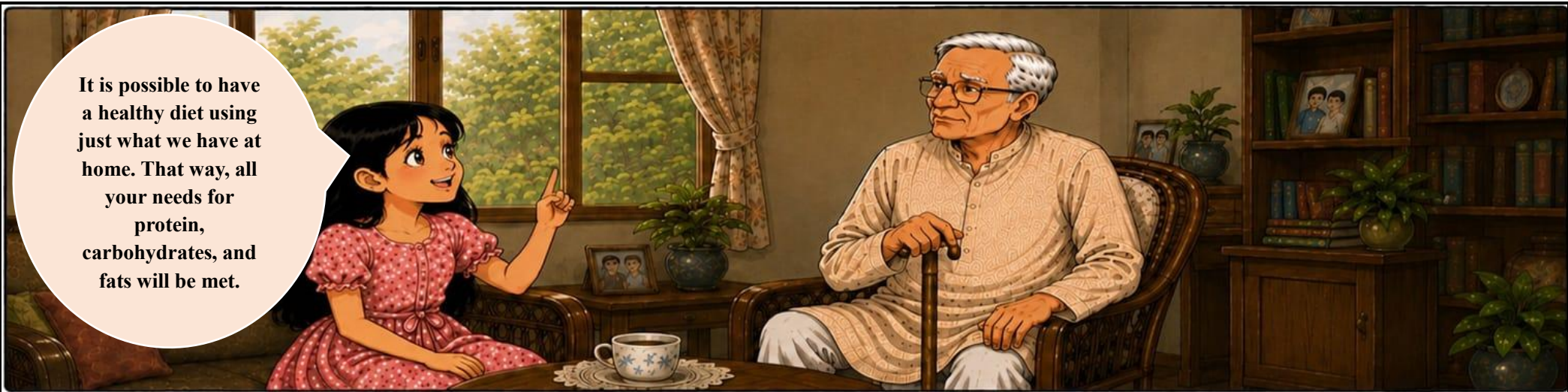
And Grandpa, not all fruits are expensive; for instance, bananas, guavas, and watermelons are affordable yet highly nutritious.

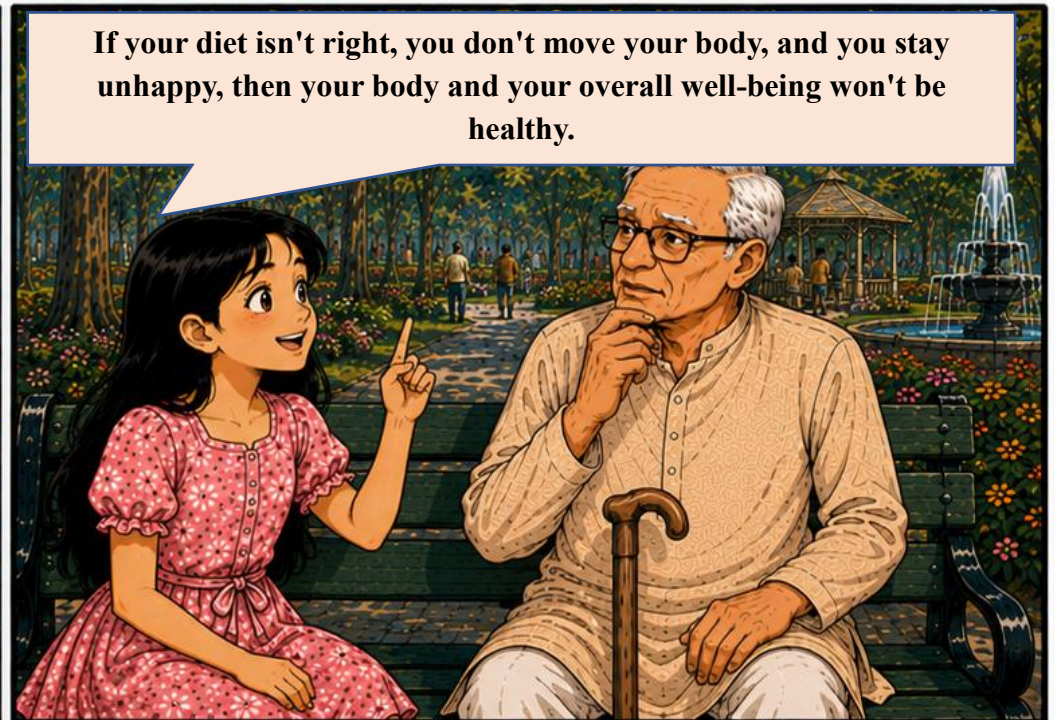
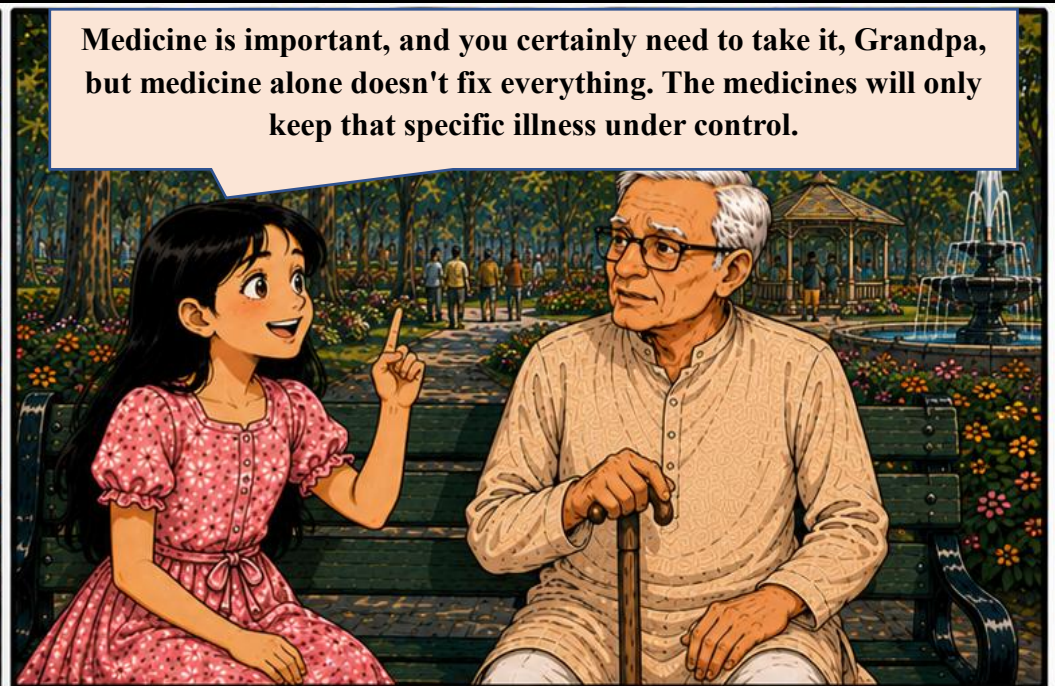
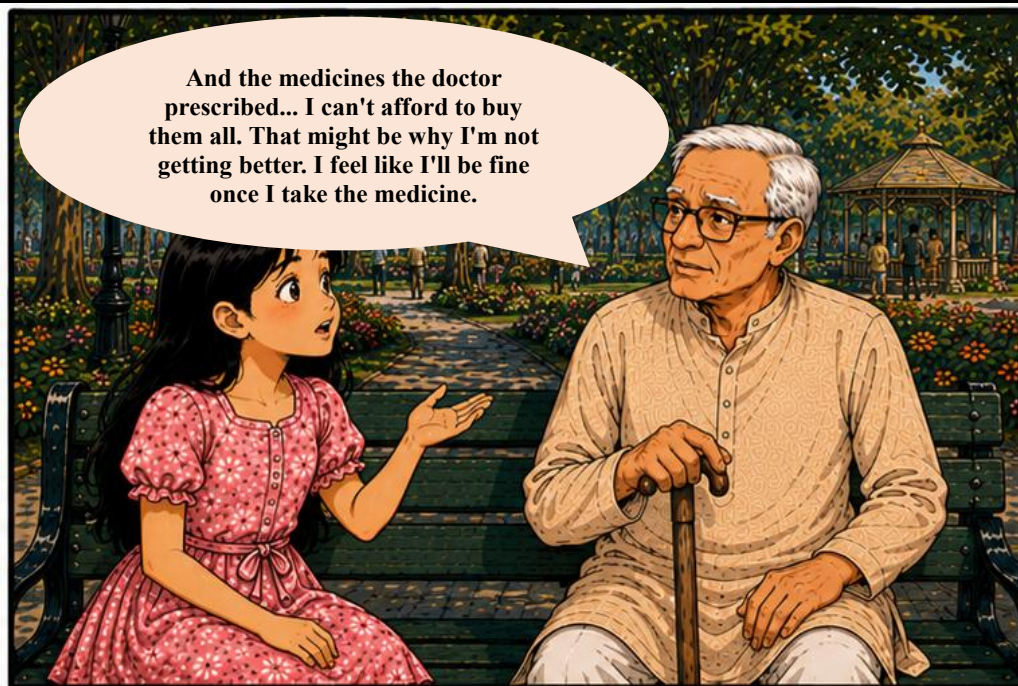


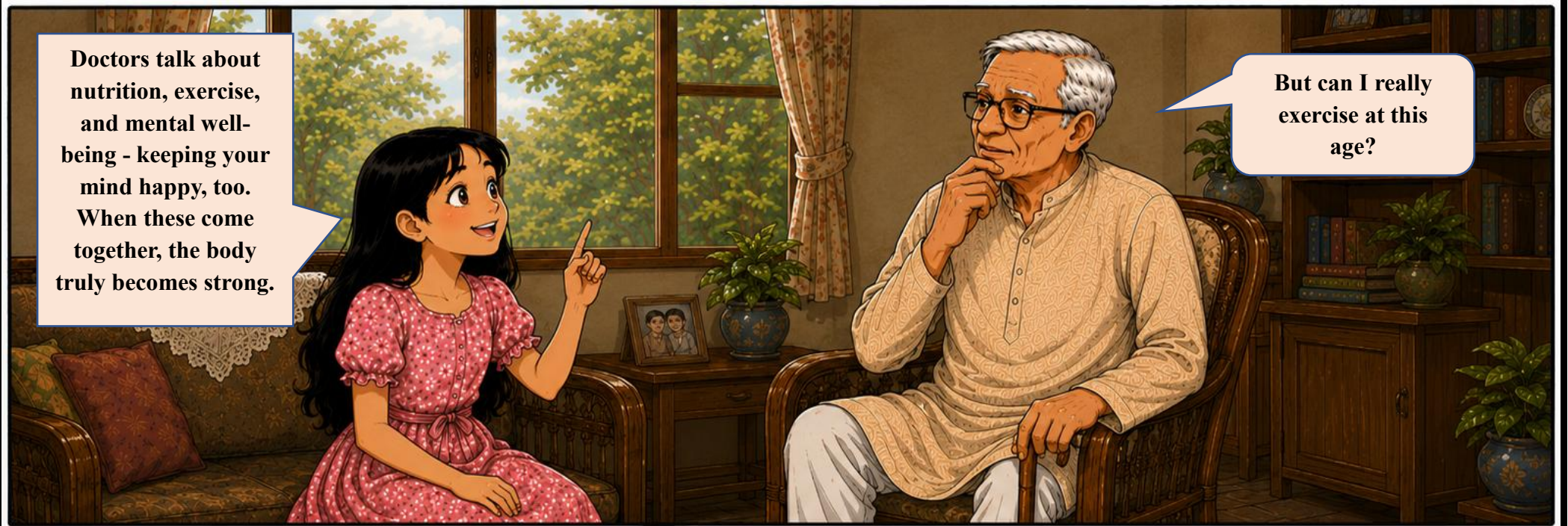
Carrots, beetroots, tomatoes, and onions are also very beneficial; they are easily available and inexpensive.



Hmm... I never realized so much could be done at such a low cost.

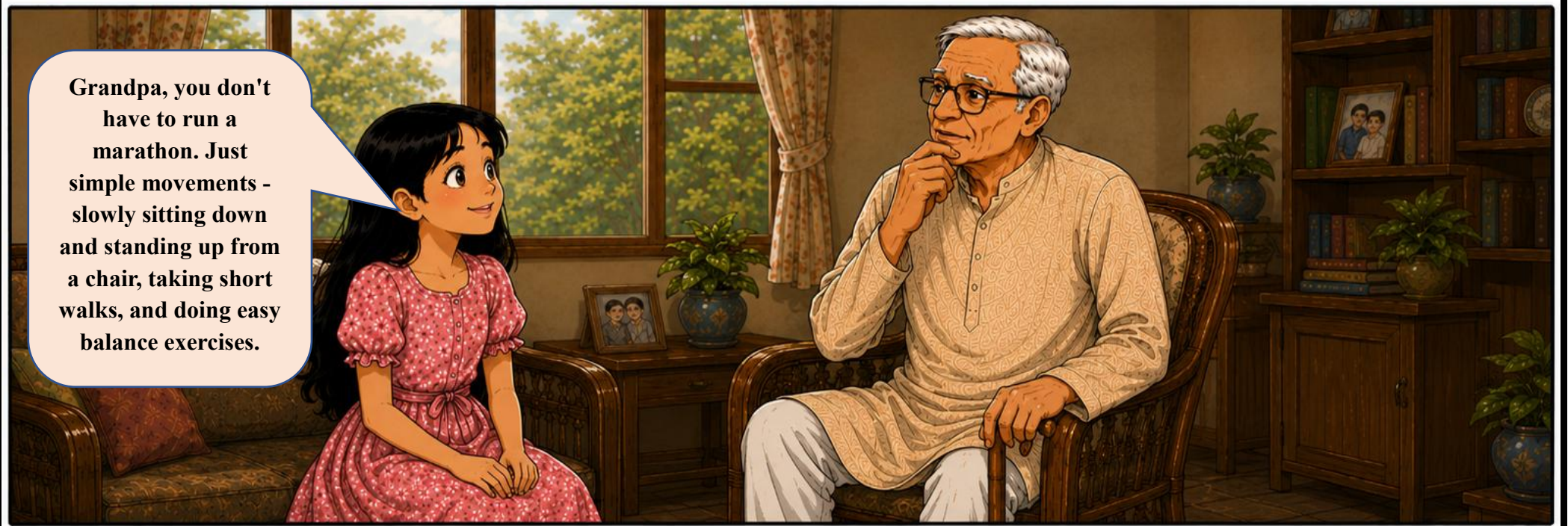




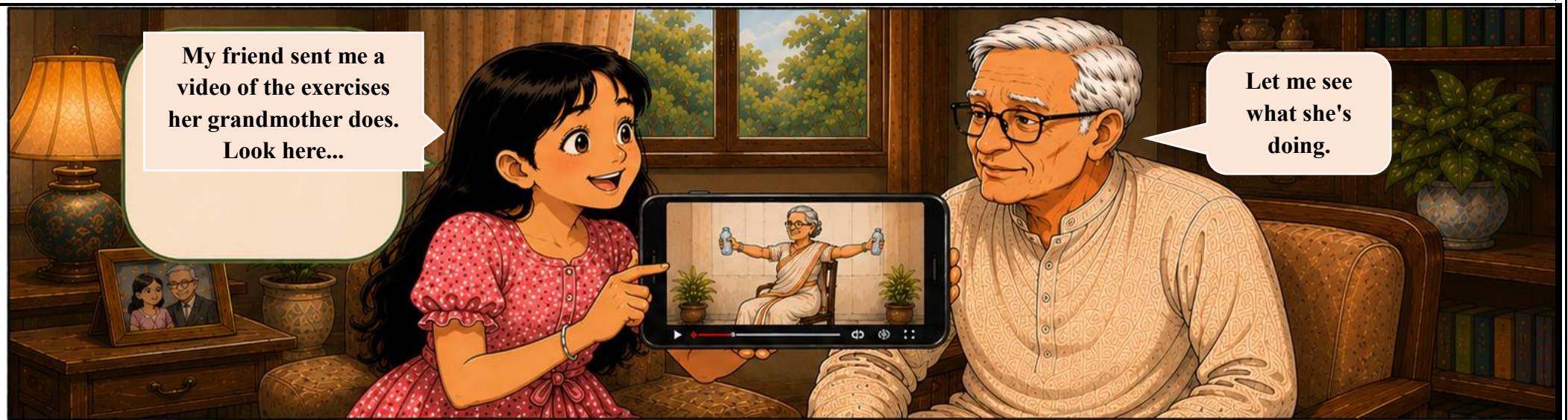


Doctors talk about nutrition, exercise, and mental well-being - keeping your mind happy, too. When these come together, the body truly becomes strong.

But can I really exercise at this age?

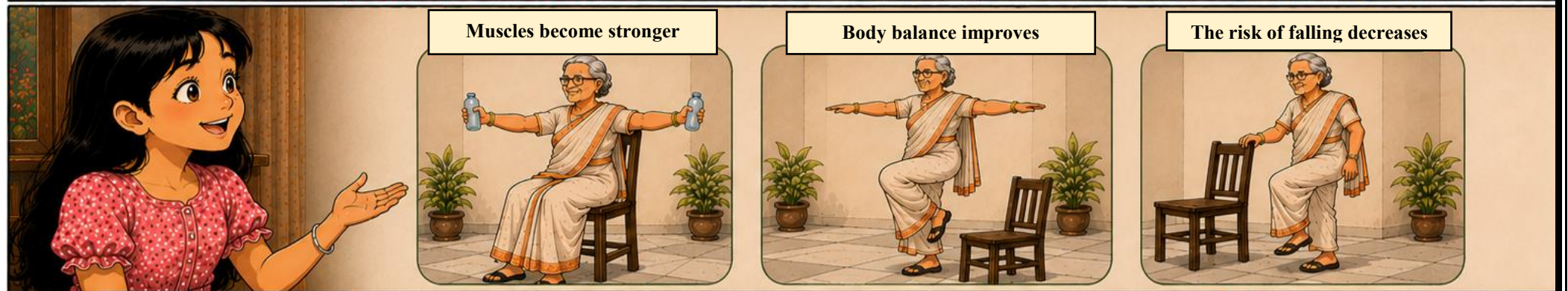


Grandpa, you don't have to run a marathon. Just simple movements - slowly sitting down and standing up from a chair, taking short walks, and doing easy balance exercises.



My friend sent me a video of the exercises her grandmother does. Look here...

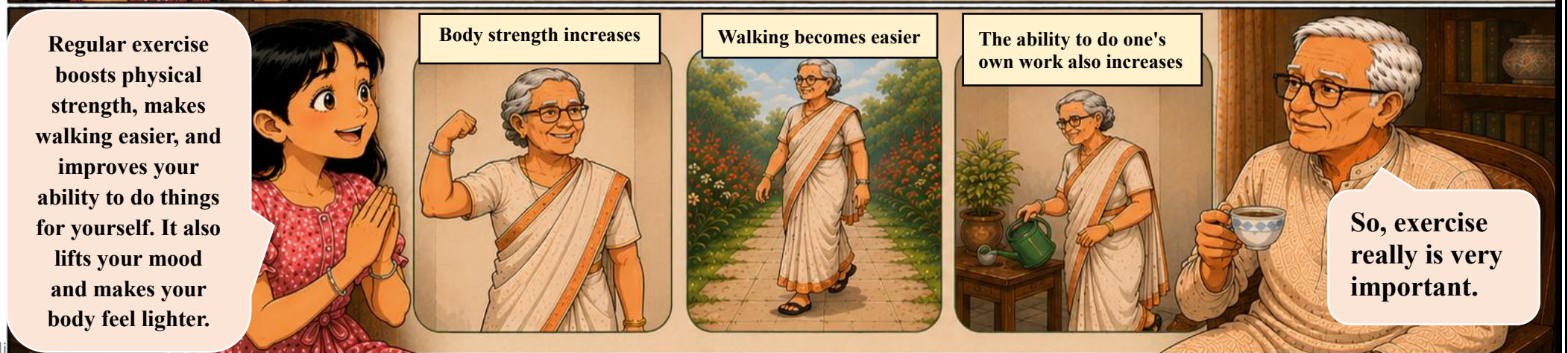
Let me see what she's doing.



Muscles become stronger

Body balance improves

The risk of falling decreases



Regular exercise boosts physical strength, makes walking easier, and improves your ability to do things for yourself. It also lifts your mood and makes your body feel lighter.

Body strength increases

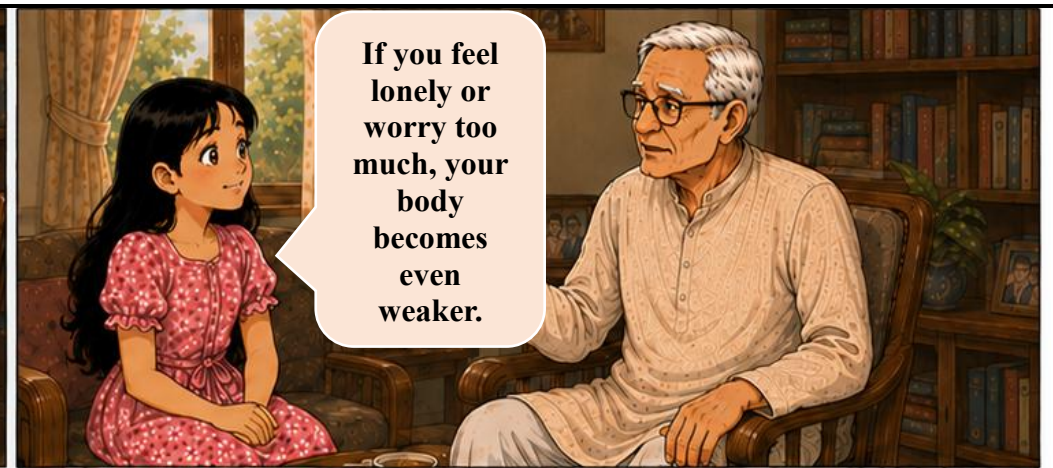
Walking becomes easier

The ability to do one's own work also increases

So, exercise really is very important.



Another very important thing is keeping your spirits up.



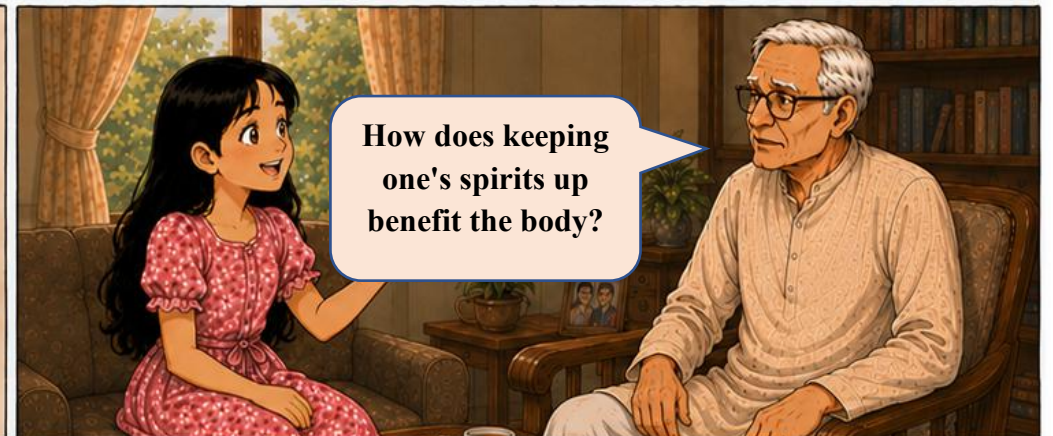
If you feel lonely or worry too much, your body becomes even weaker.



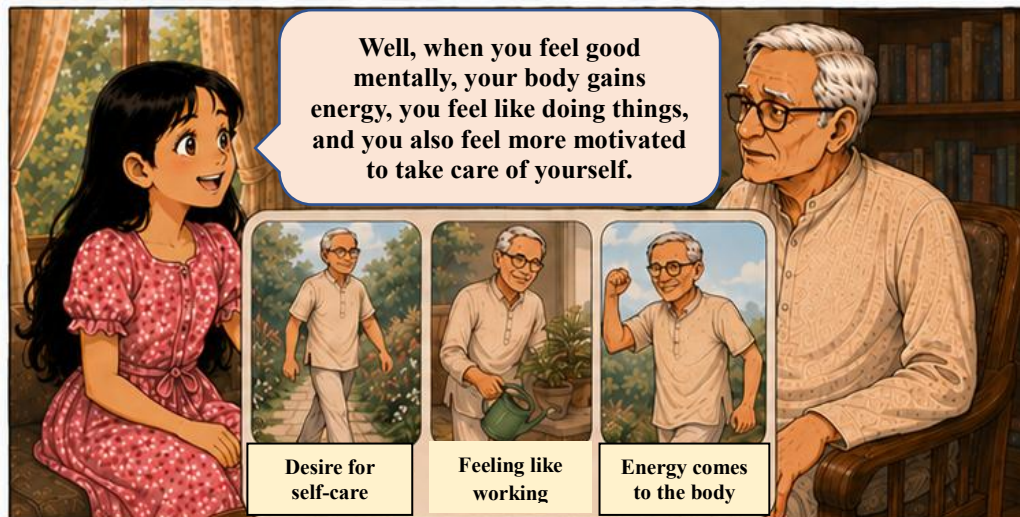
Feeling down due to loneliness

Restlessness from too much worry

Lethargy



How does keeping one's spirits up benefit the body?



Well, when you feel good mentally, your body gains energy, you feel like doing things, and you also feel more motivated to take care of yourself.

Desire for self-care

Feeling like working

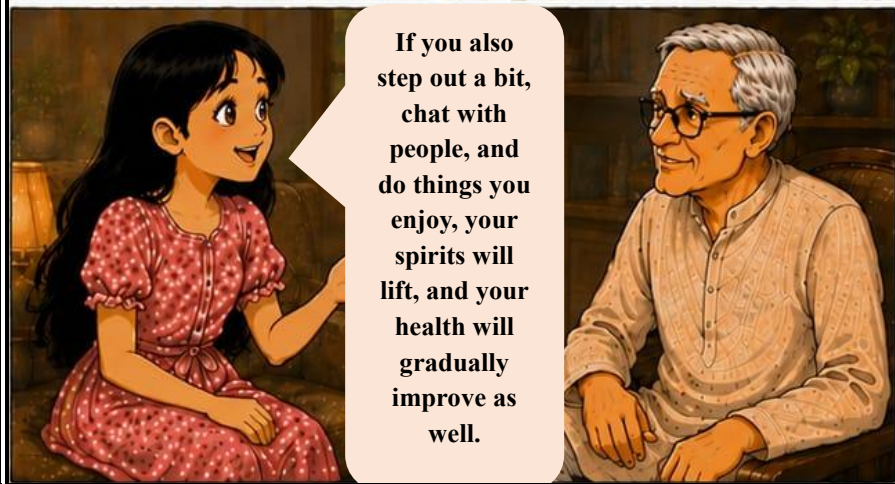
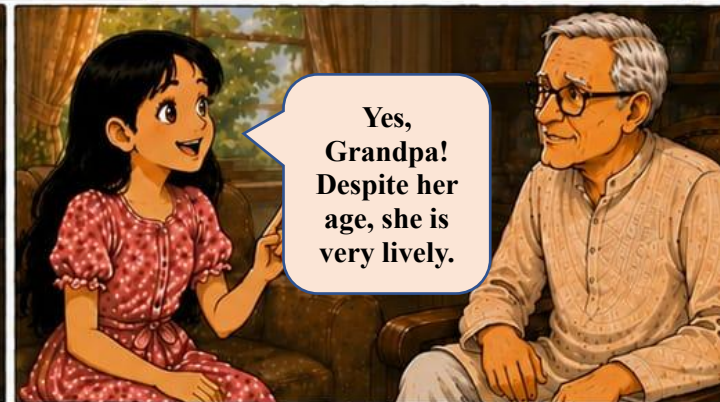
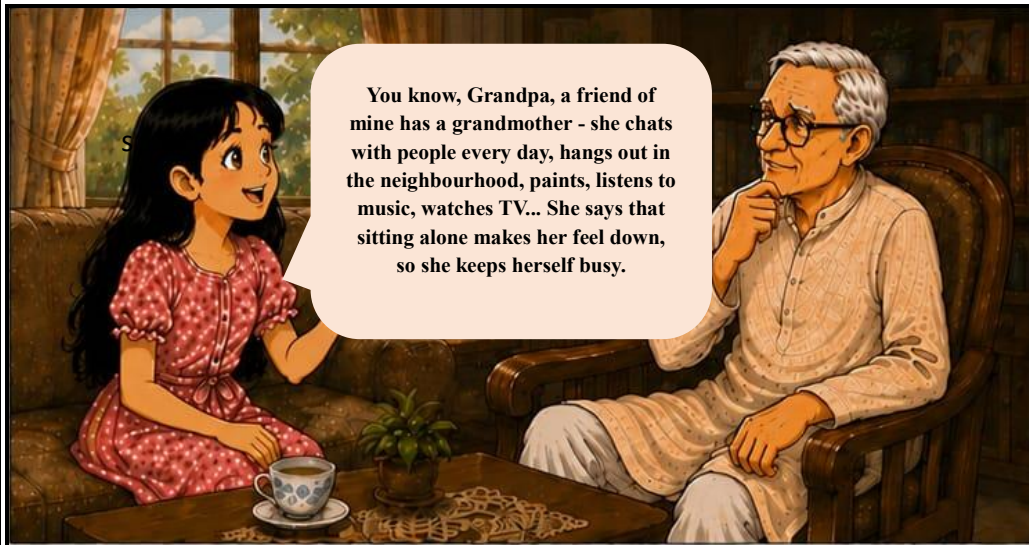
Energy comes to the body



You sleep better, and your appetite improves - these things are essential for keeping the body healthy.

Sleep improves

Appetite stays normal



One month
later

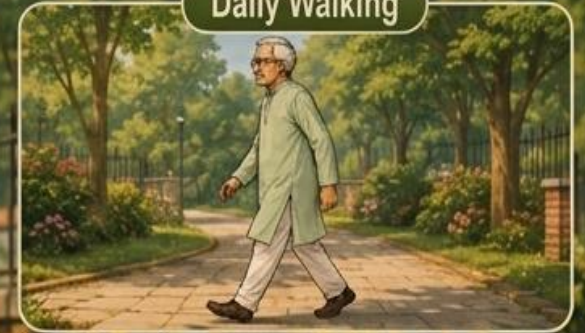
Grandpa! You seem so
full of energy now!

Yes... I used to get
tired after walking
just a few steps, but
now I feel much
better. I follow a
proper diet - lentils,
vegetables, eggs, and
seasonal fruits - just
as you advised. I
walk a little every
day and also do the
exercises you taught
me.

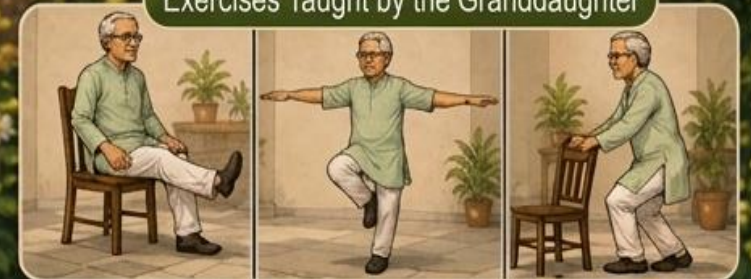
Regular and Nutritious Food



Daily Walking



Exercises Taught by the Granddaughter



Using the
phone



Reading the
newspaper



Grandpa's progress over this month:

1. Increased physical energy
2. Walking has become much easier
3. Improved sleep quality
4. Better mood; he stays cheerful
5. Able to manage his own daily tasks

Three months later

You're right! Walking around feels much easier for you now.

Yes, and I don't feel afraid like I used to. It feels great to be able to do things for myself. And best of all, I feel much more at ease - I don't just sit around alone anymore; I go out and talk to people.

Grandfather's progress after three months:

1. Physical strength has increased significantly compared to before.
2. Walking has become much easier and more natural.
3. The fear of falling and feelings of weakness have greatly diminished.
4. He is able to manage eating, sleeping, and daily activities regularly.
5. His mood is good, he is socializing with others, and his self-confidence has improved.

Reading newspaper



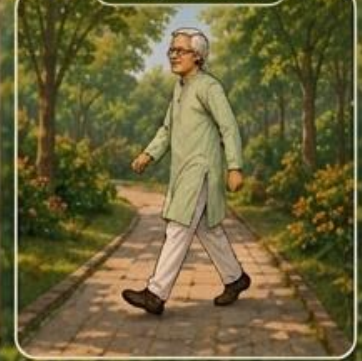
Spend time with people



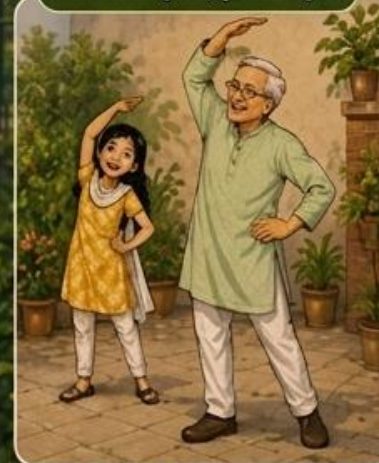
Regular nutritious food



Daily walking



Exercises taught by granddaughter



Doing own work



Gardening

Cooking

Keep the mind well



Drawing pictures





See, Grandpa? Just a little effort can bring about such a big change!

It's true... if you hadn't been there, I might never have even started.

An elderly man with white hair and glasses, wearing a green patterned kurta and white trousers, sits on a wooden park bench. Next to him is a young girl with long black hair, wearing a yellow patterned dress and a white shawl. They are both smiling. The background is a lush park with trees, a path, and a body of water.

Frailty can set in
with age... but
with timely care,
it can be
managed.

However, with the right diet,
regular exercise, mental well-being,
and family support... it is possible to
avoid frailty and enjoy a healthy old
age!

Process Steps (Flow Chart)

Step 1: Preliminary Assessment

Assessment will be done for grandfathers and grandmothers aged above 60 with the following scale



FAST Scale
(Frailty Assessment Screening Tool)



Fried
Frailty Scale



CFS
(Clinical Frailty Scale)



MNA
(Mini Nutritional Assessment)

Step 2: Division Based on Result

Based on assessment, individuals will be divided into three groups

Robust
(Healthy & Strong)



Pre-frail
(In At-risk Condition)



Frail
(Weak/At-risk)



Step 3: Personal Intervention (Separate for each group)

Exercise Video

Nutrition Guideline

Mental Health Guideline

Exercise Video

Nutrition Guideline

Mental Health Guideline

Exercise Video

Nutrition Guideline

Mental Health Guideline

Step 4: Follow-up Assessment

Re-assessment after 3 months.
Re-assessment will be done using the same scale



FAST Scale
(Frailty Assessment Screening Tool)



Fried
Frailty Scale



CFS
(Clinical Frailty Scale)



MNA
(Mini Nutritional Assessment)

Re-assessment after 6 months.
Re-assessment will be done using the same scale



FAST Scale
(Frailty Assessment Screening Tool)



Fried
Frailty Scale



CFS
(Clinical Frailty Scale)



MNA
(Mini Nutritional Assessment)

Step 5: Monitoring and Assessment

Review will be done based on each assessment whether there is progress in the individual, and guidelines will be updated



Be Healthy, Be Aware, Make It Your Daily Habit



Let's stay healthy, prevent frailty.
Eat well, stay active, and keep your mind engaged
to live a happy and meaningful life.

Take care of yourself and your loved ones,
for a better life, for a better family and for a better future

Start today for a stronger tomorrow.
A small step today,
a healthier and happier life ahead.



Our Message to You! 

