

Learning and Development opportunity / Weblink	Brief Description	Type / Mode	Aimed at
<b>REPORTS/GUIDANCE/ DOCUMENTS</b> <b>Domain D3: Ageing Well – Promoting and supporting holistic physical health and wellbeing with older people COMPLETE</b> <b>REPORTS/ GUIDANCE/ DOCUMENTS</b>			
<a href="#">CGA Toolkit for Primary Care Practitioners 0.pdf</a>	This British Geriatric Society ( BGS) toolkit is an introduction to Comprehensive Geriatric Assessment (CGA) in Primary Care settings and can offer lots of evidence based guidance on areas to consider within physical health assessment and suggested tools to use in practice with older people	Guidance	HCP
<a href="#">BGS Healthier for Longer.pdf</a>	This really BGS prevention guide offers lots of useful information and practical guidance around how healthcare professionals can support older people to stay happy, healthy and independent for as long as possible by aiming to achieving better health outcomes. It's focus is on considering 3 themes – Lifestyle factors, The Basics of Daily Living and Medical Interventions	Guidance	HCP
<a href="#">End of Life Care in Frailty: Law and ethics   British Geriatrics Society</a>	The aim of this guidance is to support clinicians and others to consider the needs of older people as they move towards the end of their lives and help them provide high quality care. This chapter considers legal and ethical considerations, such as benefits and burdens of interventions	Guidance	HCP
<a href="https://www.bgs.org.uk/resources/end-of-life-care-in-frailty-urgent-care-needs">https://www.bgs.org.uk/resources/end-of-life-care-in-frailty-urgent-care-needs</a>	This resource examines the management of acute deterioration in the context of frailty at the end of life	Clinical Guideline	ALL

<a href="https://www.bgs.org.uk/resources/resource-series/silver-book-ii">https://www.bgs.org.uk/resources/resource-series/silver-book-ii</a>	Older People in Acute Care Settings. The Silver Book II addresses a wide range of urgent care issues specific to older people. Aimed at clinicians and other healthcare professionals working in emergency departments and urgent care, this updated resource is presented in a highly accessible digital format and is free of charge. British Geriatric Society (BGS)	Guidance	HSCP
<a href="https://publishing.service.gov.uk">Prevention is better than cure (publishing.service.gov.uk)</a>	Department of Health & Social Care: This document sets out a vision for putting prevention at the heart of our nation's health. Our mission is to improve healthy life expectancy so that, by 2035, we are enjoying at least five extra years of healthy, independent life, whilst closing the gap between the richest and poorest.	Report	ALL
<a href="#">GIRFT-BGS-Six-Steps-to-Better-Care-for-Older-People-FINAL-V2-July-2023.pdf</a>	In conjunction with the British Geriatrics Society (BGS), Getting It Right First Time (GIRFT) have produced this guidance to accompany the GIRFT Hospital Acute Care Frailty Pathway, setting out six steps acute hospitals should take to improve care for older people living with frailty. Implementation of these steps will support hospital-wide structures to improve care and reduce hospital acquired dependency for those living with frailty. However, these structures are just the start of a process, so it is important that the quality and effectiveness of these interventions are monitored and link to wider community-based services for older persons.	Guidance	HCP
<a href="https://www.england.nhs.uk/wp-content/uploads/2019/04/a-practical-guide-to-healthy-ageing.pdf">https://www.england.nhs.uk/wp-content/uploads/2019/04/a-practical-guide-to-healthy-ageing.pdf</a>	Age UK: A practical guide to healthy ageing The advice in this booklet will help improve the health and general fitness of people of any age, but it is written to be particularly relevant for people who are about 70 years or older.	Guidance	ALL

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<a href="https://www.nice.org.uk/guidance/ng16">https://www.nice.org.uk/guidance/ng16</a>	NICE guidance: Dementia, disability, and frailty in later life – mid-life approaches to delay or prevent onset This guideline covers mid-life approaches to delay or prevent the onset of dementia, disability, and frailty in later life. The guideline aims to increase the amount of time that people can be independent, healthy, and active in later life	Guidance	Health & Social Care Professionals
<a href="#">Multimorbidity   Health topics A to Z   CKS   NICE</a>	This CKS topic / guidance is largely based on the National Institute for Health and Care Excellence (NICE) guideline Multimorbidity: Clinical assessment and management <a href="https://cks.nice.org.uk/topics/multimorbidity/refere/nces/">https://cks.nice.org.uk/topics/multimorbidity/refere/nces/</a>	Guidance	HCP
+ <a href="https://www.who.int/initiatives/decade-of-healthy-ageing">https://www.who.int/initiatives/decade-of-healthy-ageing</a>	WHO guidance: decade of healthy ageing. The United Nations Decade of Healthy Ageing (2021-2030) is a global collaboration, aligned with the last ten years of the Sustainable Development Goals, that brings together governments, civil society, international agencies, professionals, academia, the media, and the private sector to improve the lives of older people, their families, and the communities in which they live	Guidance	ALL

#### ONLINE LEARNING & DEVELOPMENT RESOURCES

<a href="#">Ageing well programme - NIHR School for Public Health ResearchNIHR SPHR</a>	Information on the School for Public Health Ageing Well Programme	e-learning	Health & Social Care Professionals
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<a href="#">4.01 Theories of Ageing – The Hearing Aid Podcasts</a>	This podcast discusses theories of ageing, the differences between individual and population ageing. Aims are to be able to distinguish between normal ageing and frailty and to appreciate how normal ageing affects people throughout the life course	Podcast	ALL
<a href="#">NHS England » Preventing frailty</a>	NHS England have a range resources offering advice and practical guides promoting healthy ageing which offers the chance to avoid or postpone the onset of frailty	Online resources	ALL
<a href="https://www.scie.org.uk/prevention/independence/staying-out-of-hospital">https://www.scie.org.uk/prevention/independence/staying-out-of-hospital</a>	Social Care Institute for Excellence: Videos and practice examples exploring what steps could be taken to help older people avoid unnecessary admissions to hospital.	On-line resource	Health & Social Care Staff
<a href="https://www.scie.org.uk/prevention/independence/promoting-wellbeing-video">https://www.scie.org.uk/prevention/independence/promoting-wellbeing-video</a>	Social Care Institute for Excellence: This short film focuses on services designed to improve or maintain older people's wellbeing	On-line resource	Health & Social Care Staff

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<b>RESEARCH ARTICLES</b>			
<a href="#">Publications   Centre for Ageing Better (ageing-better.org.uk)</a>	A range of publications to support Ageing Well	Articles	Health & Social Care Staff