

CORE FRAILTY SERIES

NOVEMBER 2021-APRIL 2022

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INTRODUCTION to the CORE Frailty Series

Running from November 2021 to April 2022, five groups on CORE Alberta* came together to host various sessions to showcase their unique perspectives on the topic of Frailty.

Garnering a total of 450 registrants, the first ever series on CORE Alberta was a huge success!



"I appreciate all of the things happening on CORE and this event series is highly interesting."

I enjoyed learning from the different panelists, they complemented each other and also presented varying perspectives. Great!"

- Post-Event Survey respondent

* CORE ALBERTA

Healthy Aging Collaborative Online Resources and Education (CORE) is a free member-based digital knowledge and learning hub designed to support Healthy Aging Alberta's** work of coordinating and strengthening the community-based senior-serving (CBSS) sector. CORE provides a digital space to share knowledge and capacity building opportunities.

** HEALTHY AGING ALBERTA

Healthy Aging Alberta (HAA) is a rich network of CBSS organizations and allies across our province united by a shared vision: *to make Alberta one of the best places in the world to grow older.*

HAA was established to connect CBSS organizations with larger systems such as health, housing, and the disabilities sectors.

OBJECTIVES of the CORE Frailty Series

Social issues are often nuanced and complex. A collaborative investigation of Frailty's impact on older adults was explored by combining the forces of five CORE Groups.

01

COVID RECOVERY

To prepare the sector towards COVID Recovery, creating this learning series supported providers in recognizing the increased rates of frailty experienced by older adults.

02

COLLABORATIVE SPACE

A space was created for CBSS organizations and allied partners from other sectors, such as health and government to learn and generate future solutions together.

03

JOURNEYING GROUPS

Members of CORE Groups had the opportunity to explore and get a taste of all the different groups involved. Similarly, the CORE Groups were able to meet one another and make new connections!

“

Very well-organized learning event with great prepared questions to elicit the most out of the panel. Learned so much about successes in this province and what may apply locally.

- POST-EVENT SURVEY RESPONDENT

”



GROUPS of the CORE Frailty Series

**[Recordings](#) of each session is available on CORE Alberta.*

GROUP	SESSION THEME *
SESSION 1 CORE CAREGIVERS GROUP	Building Resilience Against Frailty in Seniors
SESSION 2 CORE FALLS PREVENTION GROUP	Frailty & Falls Prevention - Nutrition, Physical & Functional Mobility
SESSION 3 CORE ELDER ABUSE GROUP	Ageism, Stigma, and Assumptions Around Frailty
SESSION 4 CORE AGE-FRIENDLY GROUPS	Frailty in an Age-Friendly World
SESSION 5 CORE INTERGENERATIONAL LINKAGES COMMUNITY OF PRACTICE	More Connection, Better Health - Addressing Emotional Frailty through Intergenerational Programming
CELEBRATORY WRAP-UP HEALTHY AGING ALBERTA	Overview and Conversation with All the Groups



REFLECTING on the CORE Frailty Series

This series will pave the way for future collaborative series to flourish on CORE. In order for us to look ahead, let's celebrate the successes of the Frailty Series first!

Total # of Survey Respondents

77

STELLAR WORK

Healthy Aging
Alberta
Community
Leadership Council

“

Reinforces continuing this work and engaging with like minded individuals. Opportunity to support others in their knowledge and validate their work.

- POST-EVENT SURVEY RESPONDENT

”

97%

of participants indicated the event was useful to their work supporting seniors in Alberta

89%

of participants indicated they gained new knowledge or connections that will support their work with seniors



90%

of participants feel empowered to participate in collaborative work to address systemic issues

89%

of participants feel like they belong to the CBSS sector network in Alberta

“

As a senior confined to a wheelchair due to balance issues, I benefited greatly from this session. My goal is to recover to a point where I can be out in the community again without help and can do those small things that are difficult to get help for – putting the garbage bins out, picking up the mail, etc... Sometimes I get discouraged. This session has inspired me.

- POST-EVENT SURVEY RESPONDENT

”

87%

of participants feel like they could reach out and form relationships with professionals who attended the event



95%

of participants would invite colleagues to a similar event in the future

“

Sharing of ideas is invaluable to know what others are doing so you don't have to reinvent the wheel.

- POST-EVENT SURVEY RESPONDENT

”



95%

of participants indicated the format of the event was effective

3270
clicks*

Clicks on CORE Alberta indicate interest. This was one of our most popular event recordings.

**Number of clicks from Oct. 1, 2021-July 27, 2022*

“

This was pivotal to keep me pursuing what I already have in mind...

With every session I have attended I am more knowledgeable...

I have been an advocate for reducing ageism for years. This was a wonderful update and empowering.

- POST-EVENT SURVEY RESPONDENTS

”

ACKNOWLEDGING the efforts behind the CORE Frailty Series

This series would not have been possible without the hard work from the CORE Groups and their willingness to try something completely new. Special appreciation must also be expressed for the knowledgeable guest speakers that provided invaluable information and contributions to the sessions.

Each CORE Group is a community space where you can discover new resources, explore various learning opportunities and importantly, create and build new relationships with others within the CBSS sector as well as allied systems partners such as government, health and housing.

These connections can lead to new programs, aligning complementary strengths and collaborative problem solving.

CORE Caregivers Group

CORE Caregivers connects community-based senior serving professionals, volunteers, and allied partners from all across Alberta who encounter caregivers in their work with resources and support in addition to education and collaboration opportunities.

CORE Falls Prevention Group

The CORE Falls Prevention Group is a network of like-minded professionals that work together to raise awareness and champion falls prevention. By working together collectively professionals serving seniors across the province can reduce the cost of falls and have positive impacts in their communities. Please join the group to stay in the loop!

CORE Elder Abuse Group

The CORE Elder Abuse Group connects individuals, organizations, and agencies to develop strategies to address elder abuse. With more than 50 members, this group invites you to join the momentum!

CORE Age-Friendly Groups

Age-friendly communities promote healthy and active aging.

The CORE Age-Friendly Group is designed to help communities that are pursuing age-friendliness to connect and share ideas, best practices and expertise.

CORE Intergenerational Linkages Community of Practice

The CORE Intergenerational Linkages Community of Practice aims to bring together committed individuals who have a desire to work collaboratively to learn, share and build capacity and develop intergenerational programs or initiatives in their communities.

**Thank you for your continued support and interest
in CORE Alberta!**

Contact

We welcome you to connect with us at
info@healthyagingalberta.ca

Survey

What future series would you like to see on CORE Alberta? Answer this short survey [HERE!](#)