Lazio – Porto (FrailSurvey mobile app)

Twinning overview

Originator: Department of Biomedicine and Prevention – University of Rome Tor Vergata, Lazio regional Health Service	Adopter: University of Porto, Porto Metropolitan Area	Innovative Practice: FrailSurvey mobile app

Innovative Practice Description
In this twinning activity, a tool for screening of frailty in community-dwelling older adults was developed. The app, named **FrailSurvey,** based on the Groningen Frailty Index, assesses diverse sides of the life of the elderly, namely their mobility, physical shape, vision, hearing, nutrition, as well as cognitive and psychosocial aspects. The results obtained in terms of frailty status will be important for healthy ageing among community-dwelling older people, as it can help lifestyle changes to prevent or revert their frail status. The mobile app is free of charge and is available for IOS and Android operating systems. Baseline Assessment is made up by two instruments: Risk Instrument for Screening in the Community (RISC) and Short Functional Geriatric Evaluation (SFGE). RISC stratifies risk of adverse healthcare outcomes by measuring the magnitude of functional, physical, state mental concern and ability of caregiver to cope with these concerns. It then summarises the perceived risk using a subjective, global score of risk. In case there are no concerns in these three domains, the SFGE assesses the risk of negative outcomes in individuals with minimal physical or cognitive impairment by exploring socio-economic domains. The SFGE score classifies citizens in three strata according to the risk of negative outcomes. Both instruments stratify the patients at greatest risk of institutionalisation, hospitalisation and death.

Link to the EIP on AHA Repository of innovative practices:
https://ec.europa.eu/eip/ageing/repository/baseline-assessment-frailty-application_en

Innovation Scope:
• ICT tools supporting adherence to care plans • Technology for falls prevention • ICT-supported integration of health and social care services • Health and care needs assessment toolkit

Innovation Type:
Partial adoption. DEP - Lazio regional health service has a web-based ICT tool for screening of frailty in older adults. This tool is associated with a community intervention on frailty. However, as in our region we don't have an intervention associated to the web screening tool yet. Instead, we develop a mobile phone app for self-assessment of frailty, using the advantage of the experience of DEP - Lazio regional health service reference site.

AHA Action Group:
✓ A3. Action for prevention of functional decline and frailty

Twinning Objectives:
This twinning activity aimed to act as a step stone to other future endeavours between Porto4Ageing and DEP - Lazio regional health service and it is an objective that both institutions are fully committed to. Indeed, both Reference Sites are already working together to find other good practices for new twinning activities, and searching for opportunities for joint projects in a near future.

Twinning end result:
We have a mobile phone app (FRAILSURVEY) available for free download in Portuguese language for self-assessment of frailty.