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Kwetsbaarheid onder ogen zien! (Netherlands)

**Story of a Dutch frail older individual**  
"I have lived an active life, and raised three children. My husband died 10 years ago. I am now 93 and independent living is becoming more and more difficult. Over the years, I had to accept that my body is functioning less and less well, and performing activities of daily living have become more and more difficult for me. Because of my physical disabilities, I am not that mobile anymore. I move outdoors using a scooter for elderly people. However, my mind is still functioning very well. Probably because I am in a scooter, people ignore me and I experience that people are talking about me instead of to me. This gives me the feeling that I have been written off, which is a very unpleasant feeling. Thus although I am old and frail, I still want to be taken seriously and treated as everyone else."



Enfrentar a fragilidade! (Portuguese)



Yo le planto cara a la fragilidad !!

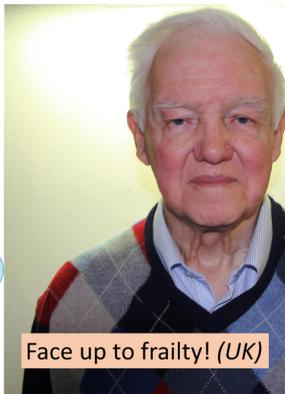
**Andrés says "I face up to frailty"**  
Andrés 87 years old, he lives with her wife. He was a farmer. He has a healthy life and can perform basic daily activities such as driving and riding his bicycle. He is frail following a fall 2 years ago. Since then he has some limitations as instability of speed and dizziness, which has forced him to abandon hobbies like working at his green-garden. He learnt about ADVANTAGE JA in the newspaper and came to us because he wanted to face up to frailty. Why do you want to face up to frailty?  
"I don't feel comfortable in my current situation. I would like to do what is needed to live far away from my frailty."  
What do you do on your daily life to lead a healthy life?  
"I am willing to make sacrifices for improving my health status; for instance, doing exercise to fight my arthrosis. I eat a Mediterranean diet and I don't make any excesses. I do have a beer with my friends ...but no more than two."  
What is the most important thing in your life?  
"Happiness and the good health of my family."  
What does frailty mean to you?  
"I don't know how to define it but I would say Frailty is about feeling weak and not being able to do the things you would like to."

Juan (90 years old) worked in a factory and Rosa (84) was a seamstress. y are married for over 30 years and enjoy together a good quality life. Juan enjoys an excellent health without comorbidities. **"For me life without frailty is being capable of meeting friends, doing exercise, enjoying company of good people"** Rosa has dementia. She takes care of herself but depends on her husband for complex activities in daily life, such as cooking or managing pocket money. **"For me enjoying life is about being able to share time with my lovely grandchildren"**.



Nosotros le plantamos cara a la Fragilidad !

Todos podemos hacerlo !!



Face up to frailty! (UK)

**The story of Robert**  
At the age of 84 I stand before you as a representative of the older person and my brief is to give you my perspective on this question of feeling frail or frailty. [...] We will and moved from Lame to Chingrilly seven years ago in 2011 for health reasons. Because of my wife's dementia living on one level was a primary requirement in accommodation. Quite a lot of work was needed to bring the semi-detached bungalow up to standard including tree felling, fence erecting and general renovating of the back garden. After the 60 year fence was erected by a contractor I painted it and did the same with newly erected fencing. Some years later there is to say I could manage but holding a brush would be difficult for me alone bending and reaching up. I am not disabled I am simply not able to carry out the physical tasks I was capable of in 2011. I am taking over that task.  
Another example of the impact of frailty. A few days ago I attempted the pruning of a live tree. Weight is good enough to allow me to read without notes but when it comes to getting the correct feeling from the tree the best possible result is to walk all day and not miss. I have to get the tractor out to do it so that I could get close enough to the tree to see what was going. Summer growth will define if my efforts were effective. If you are interested give me your email address afterwards. I believe in neither of my problems. When my feet are going themselves in another direction I am very interested in being able to have someone more care and attention as the years accumulate. Thankfully the arrangements in place on public transport to help with this are excellent. While likelihood is that these arrangements are for the disabled they are much appreciated by those of us who regard ourselves as frail. I have mentioned the fact that I suffer from diabetes insulin dependent, have been diabetic for many years, I'm being treated for bladder cancer which thankfully is in remission, weight not to be desired.  
I am a bit of a DJ and DJ My character. The frailty example are my Dr Jack.  
Mr Hub appears when I act in my capacity as a volunteer with AGE. It which became in the autumn of 2013 after my dear wife Olive passed away. She had been in hospital for five months prior to which had been caring for her because she suffered from vascular dementia. I am involved in three roles within the organisation; member of the consultative Forum, information ambassador, and peer facilitator. When asked to do so I speak at functions such as these.  
Information ambassador is the one that takes me out and about the most. Along with other volunteers respond when organisations ask through our coordinator for more information about the charity. We go to various locations around Northern Ireland. The venues I choose to speak at generally lie within a 20 to 30 mile radius of where I live in Omagh. These gatherings can be attended by up to 100 people. Not only are these opportunities to spread the word about AGE NI but they allow us to interact with like minded people normally across our path.  
As well as advice my Mr Hyde is deeply involved with his church goes indoor bowling two days per week when up to 10, and leads a once per month art appreciation group, as well as reading mainly history and listening to light classical music. On and must not forget every Saturday morning I join a group of men of a similar age around a table in a local church for a cup of coffee and a good chat. We all of course the old codgers.  
Why have you got to such lengths giving you details of what I do? I describe my Dr Jack and Mr Hyde. I describe to show the older people of which I am one have more sides to their life, their personalities and characters and to illustrate the fact that it is possible for frailty to come and go.  
The incidence of frailty can vary in the same person depending on state of general health, time of the year, whether you are on top of the world or it is on top of you. Every effort made by medical people and personal in social services to gain a wider, deeper and reasonably accurate knowledge of each older person in their care, however small, can only be beneficial to that person and help them to return to what I believe Mr. Me.  
Not everyone who experiences frailty is an older person but it is more likely with advancing years. In my view the crux of the matter is to distinguish between frailty due to health with a possible cure and frailty due to the simple wearing out of the human frame.



# advantage

MANAGING FRAILTY



Havaitse ja huomioi iäkkään hauraus! (Finland)

**An example from Finland**  
They say wisdom comes with age. But unfortunately other things come with age as well. Little by little your health status and functional capacity will decrease and you get weaker and weaker.  
Up until the age of 81 I considered myself to be in relatively good shape. I was able to move and drive my car, and I did not have to rely on the help of others. Now, at a time of 83 years, my physical shape has taken a turn for the worse. I'm not as spry as I used to be. My step has been shortened and maintaining the balance causes some problems. I've had to start using a relative walker. I'm unable to walk longer distances without breaks, and climbing up the stairs is getting difficult. I stopped driving my car three years ago. Now I call a cab or my daughters give me a lift.  
Morning routines take longer than they used to, but I'm still able to wash and dress myself, and even bathe myself. But I have no more time for my doctor's appointment or a lab checkup early in the morning. No more than five years ago I got along almost without any drugs. Now I have to take numerous pills every day for chronic heart failure, poor blood circulation and pain. Every Sunday I take the time and place my medicines into my pill dispenser. This can still do by myself.  
As cooking, laundering and cleaning became harder, I moved into an assisted living facility. The food I served three times a day, and my clothes are laundered and my apartment cleaned once a week. I have a maid brought in to clean up my apartment. I'm able to maintain my family, daily routine, and having my own apartment provides privacy. I like it here. The staff and other residents are kind and friendly. All this has made daily life much easier.  
I love old Finnish and American film and music. I began to learn how to use the internet about a year ago. Now I'm able to conveniently find things I'm looking for, old newspaper ads for movies for instance. Based on the ads I then search the internet for music and films. My grandchildren help if I have to order videos abroad, since I haven't studied foreign languages. I'm glad that my memory is still intact and that I can handle my own affairs and make my own decisions. I have no trouble seeing or hearing. I read the newspaper every day, so I know what's happening in the world. I like and I'm pretty good at crossword puzzles.  
My wife died over a year ago. We were married for 63 years. I miss her very much. I'm a very social person, and sometimes the day can feel quite long, even though one of my daughters visits every day. Also my grandchildren. I talk together, visit often, We eat and watch TV. It's nice to have a big family.  
I've been a very active member of my local Lions Club. I used to organize events, coordinate activities and raise money for charity. I've received many medals and honorary decorations for my work. Though I no longer have the energy to participate in our club's meetings and activities, I still recruit new members and provide counsel to younger members. Elderly people have experience, vision, and knowledge that ought to be utilized more often. Determination of physical condition or health status does not prevent from being an active participating member of society. Preserving one's own will and freedom of choice is important for all of us, regardless of age. In an age-friendly society elderly people can achieve a good and independent life that is right for them.



Αντιμετώπισε την ευπάθεια! (Greece)



Confruntă fragilitatea! (Romania)

“Οι καθημερινές μου δραστηριότητες έχουν μειωθεί, ειδικά το τελευταίο έτος και πέφτω εύκολα. Η επιθυμία μου είναι να αλλάξω την πορεία και να βελτιωθώ. Επί του παρόντος, ακολουθώ πρόγραμμα πρόληψης πτώσης και είμαι πολύ καλύτερα”

**GYALOGOLNI JÓ!!!**  
Tiszta kék az ég, a fák kezdenek színesedni. A reggel már csipős. Október eleje van. Már ez a harmadik év, hogy együtt gyalogolunk 3, illetve 5 km-t, kinek mennyit enged meg az egészsége. Nyugdíjasok vagyunk, néhány férfi „kolléga”, a többiek hölgyek. A legtöbbször kezdetek óta együtt gyalogol, időnként jönnek új tagok, akiket szívesen fogad a társaság. Minden második kedden reggel találkozunk a Margit-szigeten, s nem riadunk vissza a rosszabb időtől sem. A szigetnek jobb a levegő, mint a Duna két partján. A kis állatkertnek kívül mókások, dalmányos varjak, kis madarak teszik kedvességé a környezetet, meg a sok nővény, virág.  
A találkozó 9 óra előtt van a Margit-szigeti Atlétikai Centrum, a volt Üttörő Stadion bejáratánál. Rögvidék bemelegítés, sok nevetéssel - ez az első napirendi pont. A bemelegítést a kitűnő humorú Monspart Sarolta vezényli. A klubvezető Csizmadia Péter, és a dietetikus Fekete Krisztina vesz még részt a klubéletben. (Ők az Országos Egészségfejlesztési Intézet Életmód Osztálya munkatársai.) Kezdetben a megszokásból egy szezonra gondoltak. A kezdeményezés sikerét mutatja, hogy az egy évből már a harmadik évet kezdtük el. A társaság szívesen van együtt. Mind fizikai, mind lelki egészségünk szempontjából igen hasznosak ezek a találkozások. A gyaloglás közbeni beszélgetések, barátkozások igazi kikapcsolódást jelentenek, vagy lehetőséget azoknak, akiknek egyébként társaság nélkül töltik napjaikat.  
A gyaloglás közbeni beszélgetések, barátkozások igazi kikapcsolódást jelentenek, vagy lehetőséget azoknak, akik egyébként társaság nélkül töltik napjaikat, hogy emberek között legyenek, s ők is megoszthassák másokkal gondolataikat.  
A társaság tagjai közé tartozik néhány vidám kutyus is, ők is jönnek velünk, kísérve gazdáikat. Tulajdonképpen negatív tapasztalataim nincsenek a három év alatt. Mindig örömmel készülődöm már előző nap este a másnapi találkozásra, s készítem elő lépésmérlőmatot, hogy mérjem a másnapi teljesítményemet.  
A minap éppen arról beszélgettünk, hogy az országos sörpólis miatt romélljék, nem fog ez a kedves, eredményes és igen egészséges kezdeményezés megszűnni. Igen nagy kár lenne, ha ez a lelkes kis csapat felozzlana pénzhiányra, vagy intézeti átszervezésre való hivatkozással. Egészségünk megőrzésére, visszaszerzésére, szükség lenne a mozgalom életben tartására és fejlesztésére, hogy mind többen képesek lehessünk be nem zárkózni Budapestre) a többi mozgásos gyakorlásba, s jó kis „sport közösségek” jöjjenek létre. (Írta egy nyugdíjas Gyalogkakuk.)



La storia di Ines e Antonio

Ines e Antonio sono una coppia di ultranovantenni che vive in un piccolo paese sul Monte Sibillini, nella regione Marche. Il loro paese è stato devastato dal terremoto del 2016 e i due coniugi, per un periodo di tempo, sono stati costretti a lasciare la loro casa ed a trasferirsi da alcuni parenti. Recentemente sono voluti tornare al paese, ma sono gli unici che dormono nella loro casa. Ines e Antonio non hanno figli, ma tanti nipoti. Li abbiamo intervistati per sapere cosa ne pensano della "fragilità".

- Q: "Che cosa significa per voi la 'fragilità'?"
- A: Sei fragile quando sei sola, quando ti manca l'occorrenza per vivere bene. La solitudine è una brutta cosa e io non la auguro a nessuno. La sto passando ora ed è dura. Il terremoto ci ha invecchiato di più e ci fa vivere con la paura di quello che può succedere. A me piace la compagnia, mi piace andare chi ha bisogno, mi piace ricevere aiuto quando ho bisogno io. Pregho sempre il Signore che mi faccia andare avanti, spero di non peggiorare perché non voglio far soffrire nessuno e diventare un peso per nessuno.
- A: Per me invece la fragilità è un'altra cosa. Quando sei anziano hai bisogno di stare con gli altri, è difficile stare in questa casa da soli, non avere nessuno accanto, non avere compagnia.
- I&A: Queste cose ti fanno sentire ancora più vecchio/a dell'età che abbiamo.
- Q: "Voi pensate di essere fragili?"
- A: A volte sì, a volte no, dipende dai giorni. Alcune volte ti senti bene, mentre altre volte non riesci a fare quello che vorresti fare e quindi ti senti fragile.
- Q: "Rispetto a 10 anni fa, com'è la vostra vita? Vi sentite diversi?"
- A: Il cambiamento. Prima eravamo capaci di fare tutto, per esempio i lavori in campagna, ci stava tranquilli, eravamo felici. Ora, a 96 anni, pensi di fare tante cose ma non riesci, anche se devo ringratiare per quello che riesco ancora a fare.



Italy



#SZEMBE KELL NÉZNIÉ A GYENGESÉGGEL

Hungary