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**advantAGE**  
MANAGING FRAILTY

# #FACEUPTOFRAILTY CAMPAIGN



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**EGYÜTT A SZIGETEN**  
A nap sugarai átsütnek a Margitsziget fái között, alattuk idős emberekből álló csapat vidám hangulatban beszélget. A csapat vezetője mondhatnám, gyalogol. Ez a Gyalogló Klub, amely a volt úttörő stadionból indul, pehelyes felesem, és én is ebbe a csapatba tartozom.

**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."

