



Example of questions for conducting interviews with professional/policy makers/civil society representatives:

1. In the light of your (clinical/research/policy making/activist/etc.) experience in the field of frailty in older people, how would you define 'frailty', considering its multidimensional nature (e.g., health, social, economic, ethics, legal)?
2. From your point of view, what are the needs related to frailty? Are they changing over time?
3. How does frailty affect and is affected by many different aspects of a person's life? (including the person's physical health, immobility, mental health, loneliness, cognitive function and their social and home environment)
4. How does the extent of a person's frailty change (up or down) over time and how can it be influenced by lifestyle or other factors?
5. What national policies, strategies and initiatives are put in place for addressing the needs of older people who live with frailty? How are current policies suggesting the multidimensional nature of old-age frailty?
6. On 13th December 2018, in Madrid, the ADVANTAGE JA Coordinator presented the "Frailty Prevention Approach" (FPA), which is a common approach to frailty to be used in Europe to overcome the differences between countries. In 2019 the FPA document will be widely disseminated, and Member States will be contacted to understand, at governmental and regional level, how they plan to implement this document in practice. In this context, are there any policies, strategies, experts' groups, national and international initiatives, that you consider valid and that we should consider and take as best practices?
7. Do you think frailty should be addressed through the synergy and joint work of policy-makers and stakeholders? If yes, what, would you say, is the situation in your country regarding this issue?
8. From your experience, what are the barriers encountered in health and social care settings for managing frailty in older people? What are the possible effective solutions to overcome such barriers?
9. In your opinion, what new services and strategies are needed for meeting the multidimensional needs of an ageing population? Shall the role of healthcare system change or evolve in this respect?
10. In your country where can advice, support and information be obtained for people with frailty, families and carers?

Find in the next page an example of introduction letter to possible professional/policy makers/civil society representatives to interview.



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advantage  **GE**
MANAGING FRAILITY

Dear,

Thank you very much for accepting our invitation and contributing to the ADVANTAGE JA.

ADVANTAGE (www.advantageja.eu) is a Joint Action with 22 Member States (MS) and 33 organizations involved. It is co-funded by the European Union and the MS.

Partners are working together to summarize the current State of the Art of the different components of frailty and its management, both at a personal and population level, to increase the knowledge in the field of frailty, and to build a common understanding to be used by participating MSs. The final output is the "[Frailty prevention approach](#)" (FPA) document, which is a common European model to tackle frailty of older people within a common European framework. It illustrates what should be prioritized in the next few years at European, National and Regional level and on which to base a common management approach of older people who live with frailty or are at risk of developing frailty in the European Union. The identification of the core components of frailty and its management should promote the needed changes in the organization and the implementation of the health and social systems in Europe, within a common framework.

ADVANTAGE JA addresses (a) policy makers involved in planning and developing health and social care policies and strategies for older people, (b) health and social care professionals who implement the necessary changes into the everyday practice, (c) formal and informal carers, (d) older people who live with frailty, or those at risk of frailty, (e) as well as European citizens at large.

In order to increase the awareness and the understanding about frailty, ADVANTAGE JA is currently interviewing experts in the field, who come from different backgrounds (e.g., care professionals, policy makers, researchers, academics, citizen associations, etc.) and can contribute to enhance further the value of our Joint Action. Also, we believe this will allow the ADVANTAGE JA to establish connections with more relevant national and international initiatives which are currently dealing with frailty. We would therefore strongly value your expert point of view on frailty-related issues and any information on the initiatives, projects, etc. you are currently involved in or know about. The interviews will be published on the website and linked on ADVANTAGE JA social media (i.e. [Facebook](#), [Twitter](#) and [LinkedIn](#)).

In the next page, you will find a list of questions we would like you to answer. We recommend answering between 3 and 5 questions according to your interests and expertise, but of course any contribution is of great value to us. Please feel free to use this document for writing down your answers. For any questions you might have, please do not hesitate to contact ([name of person to contact](#)), ([email address of person to contact](#)).

Looking forward to knowing more about your expert opinion.

Best regards,

ADVANTAGE JA team