

## **Frailty Intervention Trail**

### **Protocol: Intervention targeting mobility-related participation**

#### **Standard program**

1. At baseline assessment, a goal targeting mobility-related participation was established by the participant and a physiotherapist. The measurable goal was documented using the Goal Attainment Scale.
  - a. Review participation goal.
  - b. Assess and negotiate whether goal is appropriate.
  - c. Participant and treating physiotherapist modify goal if necessary.
2. Practise the component activities of the goal, eg. walking down step, bending to ground, getting in/out of car.
3. Practise the activity in the physical environment of the goal.
4. Progress level of support, e.g. accompany the individual → as confidence increases, organise family/friend to accompany and support individual → progress to independence.
5. Establish how individual will meet their participation goal on a regular basis.

#### **Tailor to standard program to the individual**

1. Assess barriers to meeting participation goals, using *Barriers to reaching participation goals. Assessment tool*. (Overleaf).
2. Structure intervention to account for barriers identified in assessment.

### Barriers to reaching participation goals. Assessment tool

Assessment		Intervention
Barrier to participation	Tick box if barrier is present	Tick box if intervention is appropriate to individual
Health reasons, e.g. pain, cardiac condition, shortness of breath	<input type="checkbox"/>	Aim: Provide with information to facilitate informed consent: <ul style="list-style-type: none"> <li><input type="checkbox"/> Ask if individual would like information about their health condition.</li> <li><input type="checkbox"/> Offer basic reading material about their health condition</li> <li><input type="checkbox"/> Offer extended reading material about their health condition</li> <li><input type="checkbox"/> Discuss impact of individual's health conditions on goals</li> </ul>
Balance Strength Flexibility Endurance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss cause of impairment</li> <li><input type="checkbox"/> For problems that can be changed, offer / provide education regarding intervention</li> <li><input type="checkbox"/> For problems that cannot be changed, provide equipment and offer / provide education regarding compensatory strategies</li> </ul>
Safety	<input type="checkbox"/>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss cause of perceived lack of safety (e.g. balance, environment, crime, weather)</li> <li><input type="checkbox"/> Discuss and implement strategies to increase safety (e.g. training, aids, environmental modifications, social support)</li> </ul>
Environmental barriers: home	<input type="checkbox"/>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Training in existing environment, using existing aids</li> <li><input type="checkbox"/> Offer / provide aids/assistive devices</li> <li><input type="checkbox"/> Training in proper use of assistive devices</li> <li><input type="checkbox"/> Basic modification of home environment, by Physiotherapist</li> <li><input type="checkbox"/> Discuss at case conference re: referral for extended modifications or additional aids</li> </ul>
Environmental barriers: community (e.g. uneven ground, steep slopes near home, no car)	<input type="checkbox"/>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Modify community environment</li> <li><input type="checkbox"/> Discuss alternate / safer environments</li> <li><input type="checkbox"/> Facilitate access to community services</li> <li><input type="checkbox"/> Offer / provide information describing local mobility services, local transport</li> </ul>

		options, resuming driving <input type="checkbox"/> Practise planning and using transport (refer to protocols in <i>Increasing outdoor journeys after stroke: Protocols for use by Rehabilitation professionals, McCluskey, 2007</i> ).
Social support	<input type="checkbox"/>	<input type="checkbox"/> Offer / facilitate involvement of support person(s) in training and/or regular participation
Social interaction	<input type="checkbox"/>	<input type="checkbox"/> Offer / facilitate involvement of support person(s) in training and/or regular participation
Depression (Geriatric Depression Scale > 5)	<input type="checkbox"/>	<input type="checkbox"/> Discuss at case conference
Anxiety	<input type="checkbox"/>	<input type="checkbox"/> Discuss at case conference
Severe pain, joint pain	<input type="checkbox"/>	<input type="checkbox"/> Discuss management at case conference. <input type="checkbox"/> Physiotherapy interventions as appropriate to individual