

Heartbeat April Frailty Newsletter

Introduction

Developments of the Neighbourhood Frailty transformation are well underway, with early work focused on bringing stakeholders together and drawing learning from existing frailty work across Hambleton and Richmondshire. The aim is to begin a small “test and learn” pilot with a selection of practices forming cluster multi-disciplinary teams, helping us to streamline and standardise practice-based care while supporting the integration of secondary care, social care, community services and the voluntary sector.

Thank you to all colleagues who attended the Neighbourhood Frailty Continued Professional Development event at Tennants in Leyburn on the 26th March 2026. The afternoon brought together a wide range of stakeholders from across Hambleton and Richmondshire and represented an important step towards integrated neighbourhood working, enabling earlier identification, smoother referral pathways, and more coordinated care for our ageing, frail population.

TOPICS

Frailty
Transformation
Model

Work Thus Far

Comprehensive
Geriatric
Assessment

Integrated
Working Feedback

Falls Prevention
Strategy

Health and Adult
Services

Older People
Mental Health
Services



Frailty Transformation Model

The need for change is not theoretical, it is visible in our population and day-to-day pressures. We have a significantly older population than the national average with our 85+ group growing rapidly and with our rural geography, isolation amplifies patients frailty risk. We are seeing increasing moderate and severe frailty, recurrent admissions and a workforce stretched across reactive demand. The function of MDT's varies, escalation routes aren't always clear and anticipatory planning is inconsistent.

Our patients need continuity and the system needs coordination and integration.



The Integrated Neighbourhood Team (INT) will provide multi-agency stabilisation of complex instability.

Duration: (Dependant on need)
 0–3 months: Stabilisation
 3–9 months: Activation & recovery

INT Holds:

- Complex concurrent needs
- Persistent instability
- Post-crisis recovery

Core functions:

- Enhanced Comprehensive Geriatric Assessment
- Shared care plan refinement
- Named lead professional



Richmondshire Cluster MDT's

Richmond:

- The Friary
- Quakers Lane
- Doctors Lane

Catterick:

- Catterick Village
- Harewood
- Scorton

The Dales:

- Central Dales
- Leyburn
- Reeth

Hambleton Cluster MDT's

Northallerton:

- Mayford House
- Mowbray House
- Glebe House

Hambleton North:

- Stokesley
- Great Ayton
- Hutton Rudby

Thirsk:

- Lambert
- Thirsk Doctors
- Topcliffe

The proposed **MDT clusters** will enable the proactive holding of moderate frailty at neighbourhood level.

Core functions:

- Comprehensive Geriatric Assessment (CGA)
- Single shared care plan
- Named coordinator
- Medication optimisation
- Anticipatory planning
- Monitoring & early recognition

Escalation considered where:

- Risk persists despite coordinated planning
- Increasing instability
- Concurrent multi-agency complexity

Work So Far

- Local Care Partnership Priority / Sub-groups
- General Practice Leadership Forum Strategic focus
- Frailty Oversight Group
 - Provide system wide strategic leadership to ensure services are aligned and integrated
- Frailty Clinical Delivery Group
 - Provides clinical insight and leadership to support the delivery of integrated frailty care
- Frailty and Ageing Well Workshops
- PCN Discussions



Comprehensive Geriatric Assessment

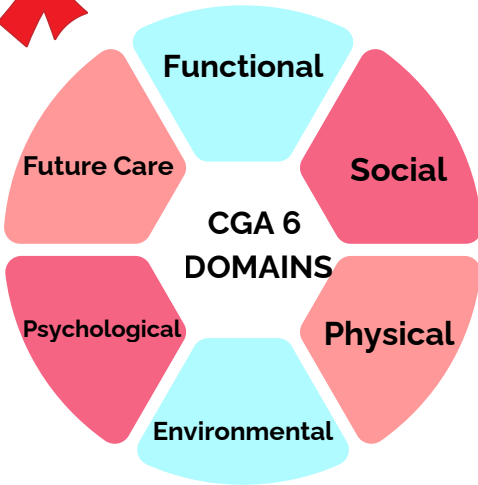
What is a CGA?



It is NOT a stand-alone assessment



It is a multidimensional multidisciplinary PROCESS of holistic assessment, care planning and coordination



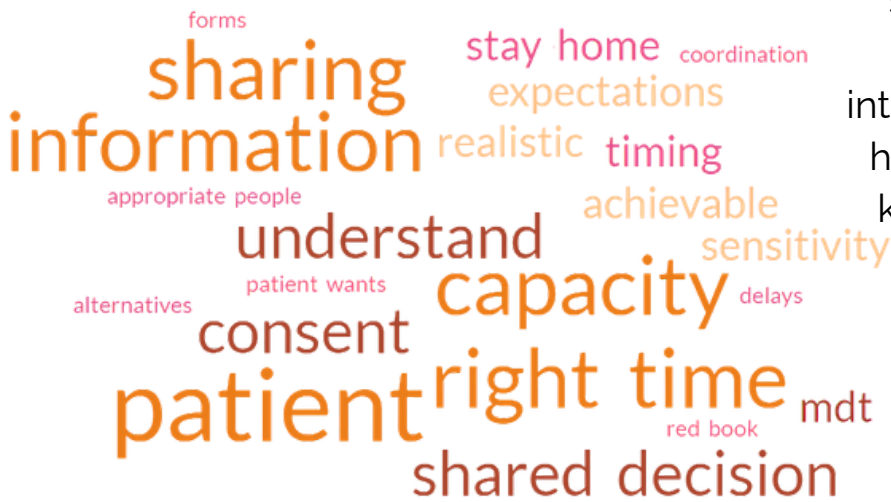
- CGA is the gold standard
- Requires use of standardised tools
- Checks every domain
- Requires a multidisciplinary team
- Resource intensity means as a system we are not reaching all our at-risk population

It takes a village to raise a child... it takes a neighbourhood to support an older person living with frailty



Integrated Working Feedback

Communication with Patients



During the CPD event, colleagues were asked to discuss and feedback on different themes for system working and how we can aspire to work better in an integrated way. These word clouds have been made to showcase the key words and themes that came out in the feedback.

Clinical Forecasting



Health and Adult Services

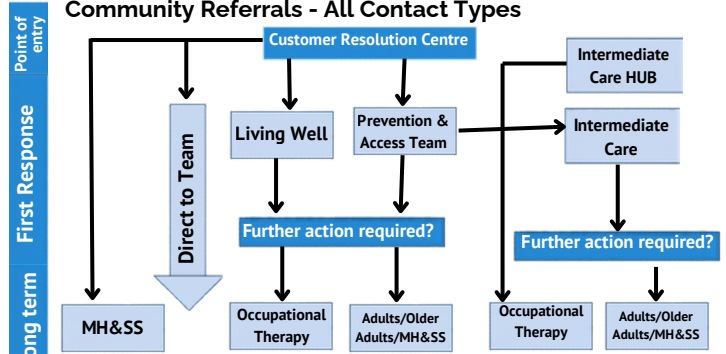
Living Well

- Funded by Public Health
- Work with people age 18+
- A short-term intervention service over 12-weeks
- Individuals who are on the cusp of health and social care
- A person-centred approach, what is important to them

Intermediate Care

- Intermediate Care Hubs
- Rehab and re-ablement
- Intermediate care beds (step up step down)
- Prevention, admission avoidance, ED pathways and discharge

Community Referrals - All Contact Types



Promoting Healthy Ageing:

- Developing MDT Huddles
- Environmental checks
- Supporting Carers
- Strength based support planning
- Dementia sensitive assessments
- Support to age well



Older People Mental Health Services

Physiotherapy Service

A unique combination of physical health rehabilitation expertise and how an understanding of how mental health conditions impact physical health, independence and quality of life.

Psychosocial Approach:
Cognitive behavioural and interpersonal strategies

Psychotherapeutic Approach:
Mind body connection

Psychophysiological Approach:
Physical activity to influence mental health

Physical Health-related Approach:
Global physical health of people with mental health conditions

Richmondshire:

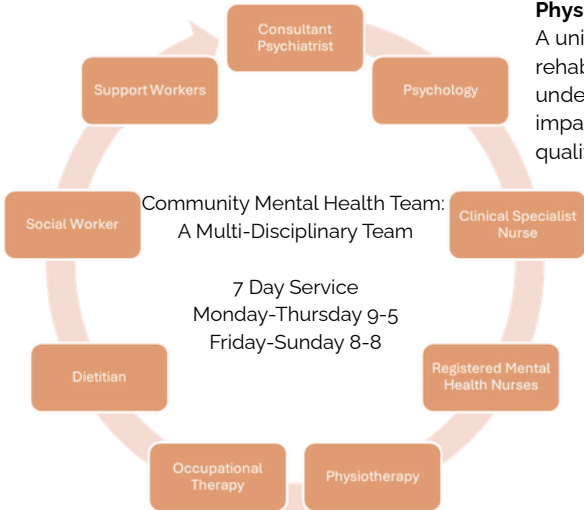
- 2 x Full Time Band 6 Nurse
- 1 x Part Time Band 6 Nurse
- 1 x Full Time Band 5 Nurse

Hambleton:

- 2 x Full Time Band 6 Nurse
- 4 x Part Time Band 6 Nurse

Next Steps

- To ensure representation at the cluster MDTs
- To continue to explore how mental health services can support service users presenting with frailty and mental ill health as part of the Integrated Neighbourhood team in H&R.
- To form links with other physiotherapy teams in H&R and offer support/education on physiotherapy approaches in mental health as required.



Thank you for reading!