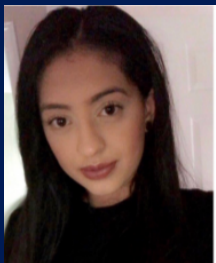




# Understanding aging and frailty

A workbook for adults with  
intellectual and developmental  
disabilities and those who  
support them

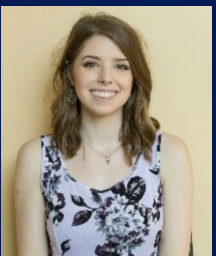
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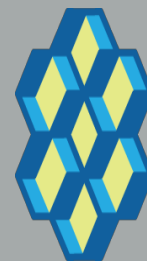
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## The following organizations supported the creation of this workbook:



**Canadian  
Frailty  
Network**

**Réseau canadien  
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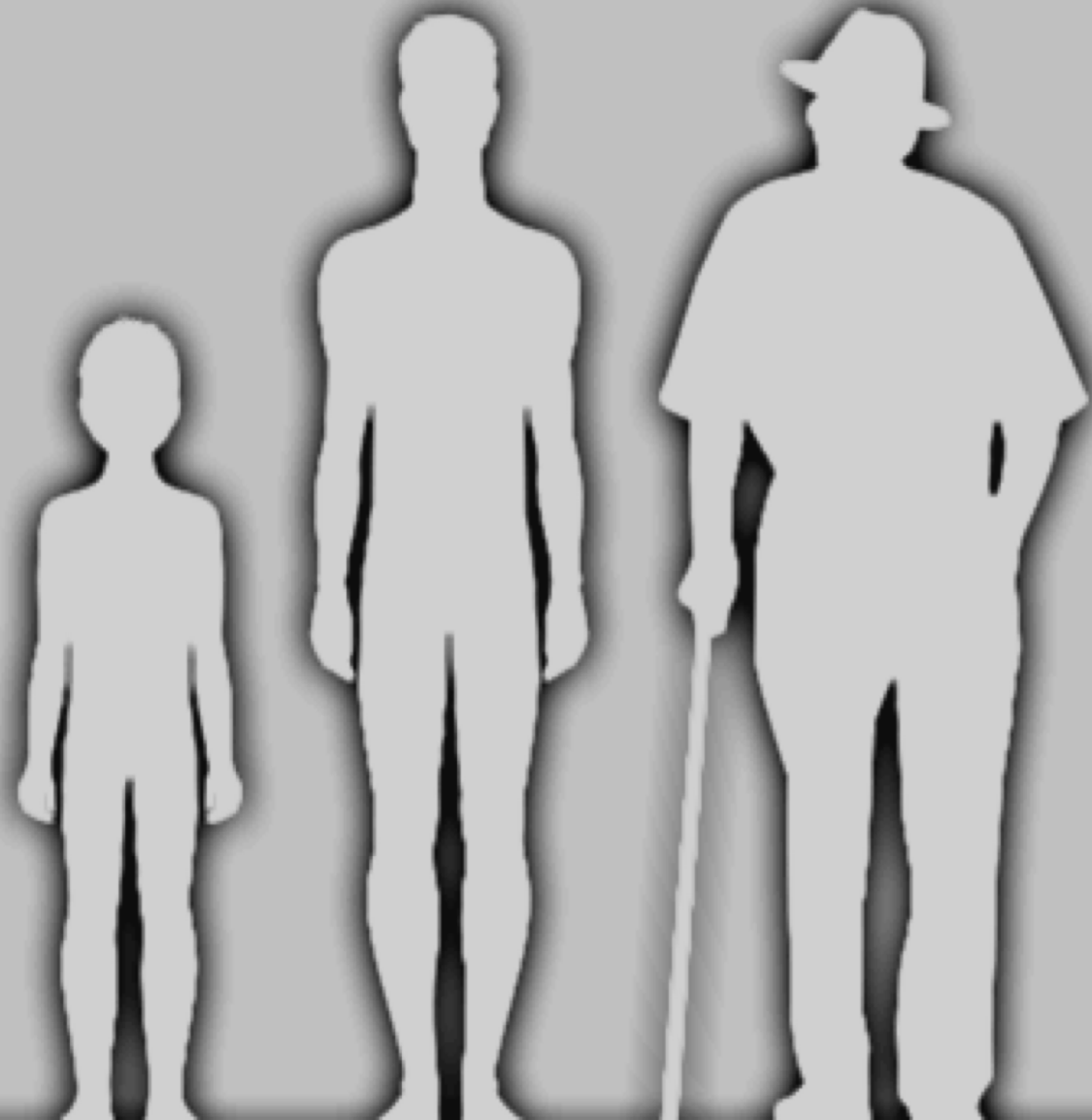
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As we age, our needs start to change, and we are at risk of becoming frail.

People who are frail have worse health, and may not be able to do what they used to do. Because of this, they need different supports.

This workbook helps you think about what needs to be done when you are becoming frail.





# A person-centred approach is needed.

It is important that the help you get is the help that you **need** and **want**.



**Have you told the people who are helping you about:**

- ☐ your goals?
- ☐ what is important to you?
- ☐ what makes you feel good?
- ☐ the things that are hard for you?
- ☐ the help you want?





**Aging in place** means being able to live in your own home even though you may need extra support.

Changes in your health or life does not always mean that you have to leave your home.

**How important is it to you to remain in your own home as you age?**

☐ Very important   ☐ Important   ☐ Not important

**What could make it easier for you to stay at home as you age?**

For example, getting help with housework or making meals?

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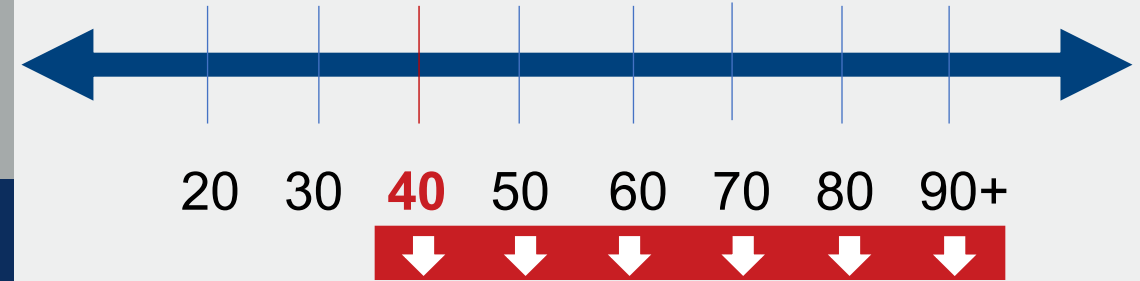
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# Frailty Happens Earlier



Frailty does not just happen to very old people. It can happen when you are 40 years old.

## How Old Are You?



**Have you noticed any changes in your health? What are they?**

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**Have you talked to your doctor about changes in your health?**

☐ Yes

☐ No

**Improvement  
is possible**



**What things would you like to  
get better at?**

For example: remembering things

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**Are some things getting  
harder or worse?**

For example: going up stairs

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**Just because things get  
worse or harder,  
it doesn't mean they  
can't get better.**

**Think about what  
supports can help you.**

# Safety

It is important that you feel safe.

As you get older, some things might make you feel unsafe.

For example, you might feel unsafe getting into the bath, or walking on the sidewalk.

**1. Do you feel safe in your home?**



- ☐ Yes  
☐ No

**2. Do you feel safe in your neighbourhood?**



- ☐ Yes  
☐ No

**3. Who can you call in case of an emergency?**

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# Collaboration is Needed

Frailty is complex.  
Many people will be involved.  
It is important to work together.

## 1. Who are the people that help you?

*For example, family, personal worker, doctor, therapist.*

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## 2. Do they all know each other?

☐ Yes ☐ No

## 3. Do they know how each person is helping you?

☐ Yes ☐ No



# Helpers Have Needs Too



When your needs change, the help you need changes too.

The people who help you might not always know what to do.

It is important that they get help too.



**1. Do your helpers need help?**

☐ Yes    ☐ No

**2. What do they need help with?**

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**3. Do your helpers get help?**

☐ Yes    ☐ No

**4. Who helps your helpers?**

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**5. Who else could help your helpers?**

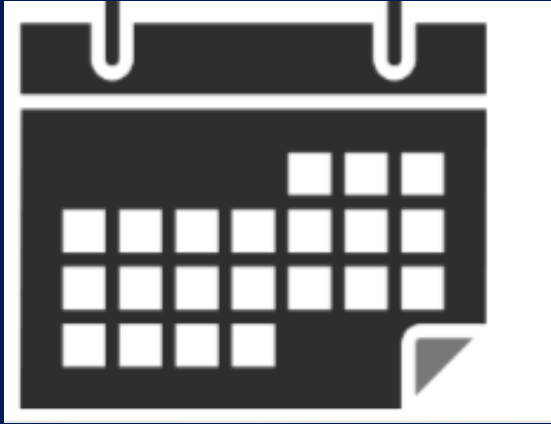
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# Planning for the future is important



Your needs can change with age.

It's important to think about what you might need in the future.

1. **Have you talked to anyone about what happens if you can't stay in your house?**



- ☐ Yes
- ☐ No

2. **What will you do if you can't stay in your house?** For example, where will you live? Who will help you?

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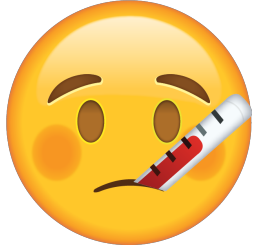
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3. Have you talked to anyone about what happens if you get sick?



- ☐ Yes  
☐ No

4. What will you do if you get sick?

For example, how do you want to be helped? Who will help you?

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5. Have you talked to anyone about what happens if you need money?



- ☐ Yes  
☐ No

6. What will you do if you need **money**? For example, who will you call? Who will help you?

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Are there any other things that  
you want people to know?

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Are there any other things that  
you want to know?

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Are there other things that you  
want help with?

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Who are the people who should  
see this workbook?

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# More Research is Needed



Please visit our website to learn more about our work

**[www.mapsresearch.ca](http://www.mapsresearch.ca)**

We are very interested in aging and frailty, and do a lot of work on these topics.