

## References and helpful resources

### Be the Force for Fighting Frailty

No one likes to talk about frailty. And no one likes to think they might be frail it conjures up uncomfortable emotions and fears about ageing and vulnerability. But what if there are ways to prevent and reverse it? And if so, how do we recognise it? And more importantly, are you at risk?!

#### Link to video

- ▶ **YouTube** [Frailty: Every Step You Take Matters!](#)

#### Department of Health and Aged Care

- ▶ **Support at Home Programme Manual**  
[Support at Home program manual – A guide for registered providers | Australian Government Department of Health and Aged Care](#)
- ▶ **2023 CHSP Wellness and Reablement Report Outcomes**  
[2023 Commonwealth Home Support Programme \(CHSP\) wellness and reablement report outcomes | Australian Government Department of Health and Aged Care](#)

#### Clinical Frailty Scale

- ▶ [Clinical Frailty Scale – Geriatric Medicine Research – Dalhousie University](#)

#### Keep Able Resources – “Everything you do for me, you take from me”

These resources will help you, your team and your clients appreciate the value of everyday activities for maintaining health and wellbeing.

- ▶ **eLearning** [eLearning modules for professional development | KeepAble](#)  
This content is great for individual learning or incorporating into onboarding processes.
- ▶ **Bite size training** [Promote Healthy Ageing Through Daily Activities | KeepAble](#)  
This resource includes a downloadable PowerPoint presentation and Facilitators Guide so you can deliver “Everything you do for me...” content to your team. Great for staff meetings or professional development days.

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➤ Downloadable handouts “Health and wellbeing benefits of everyday activities”

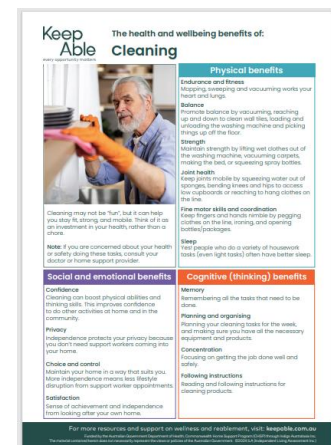
These handouts are excellent for showing staff, clients and client support networks the value of everyday activities and why they should keep doing them (links provided below images)



[Cafe.indd](#)



[Cooking.indd](#)



[Cleaning new.indd](#)

**References**

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