

Designing a community-based multicomponent intervention to prevent disability in frail older people within the APTITUDE framework

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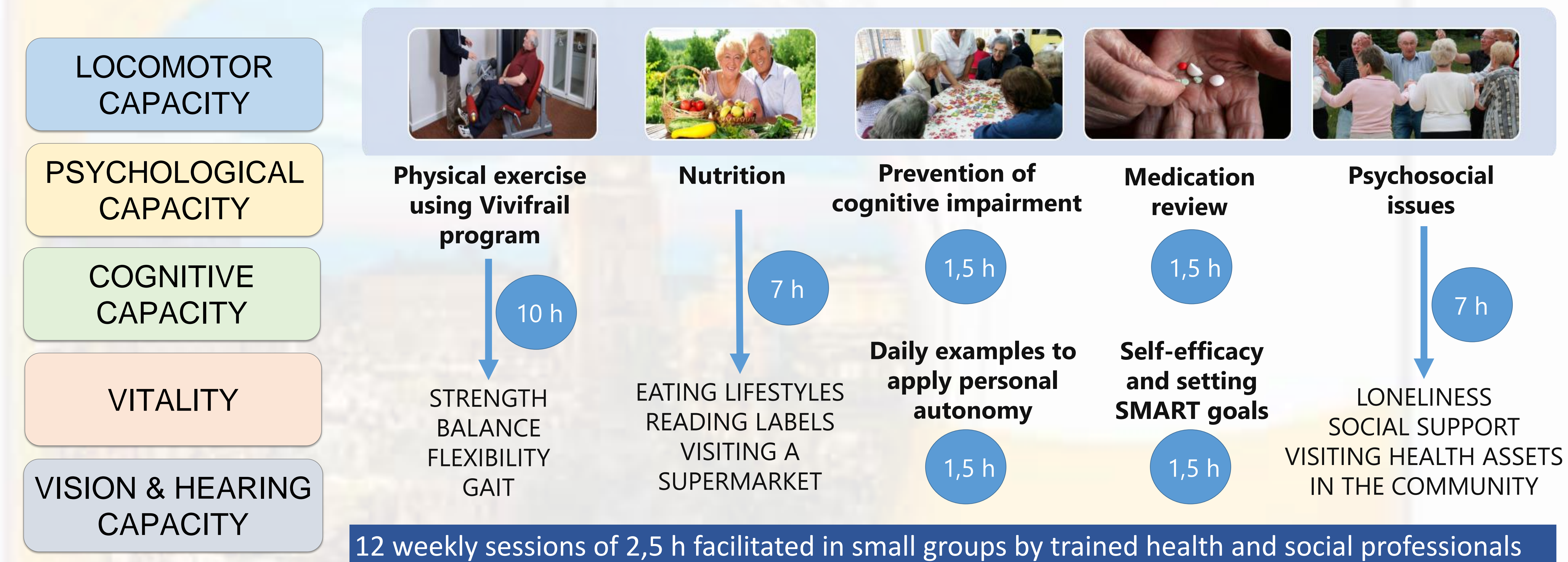
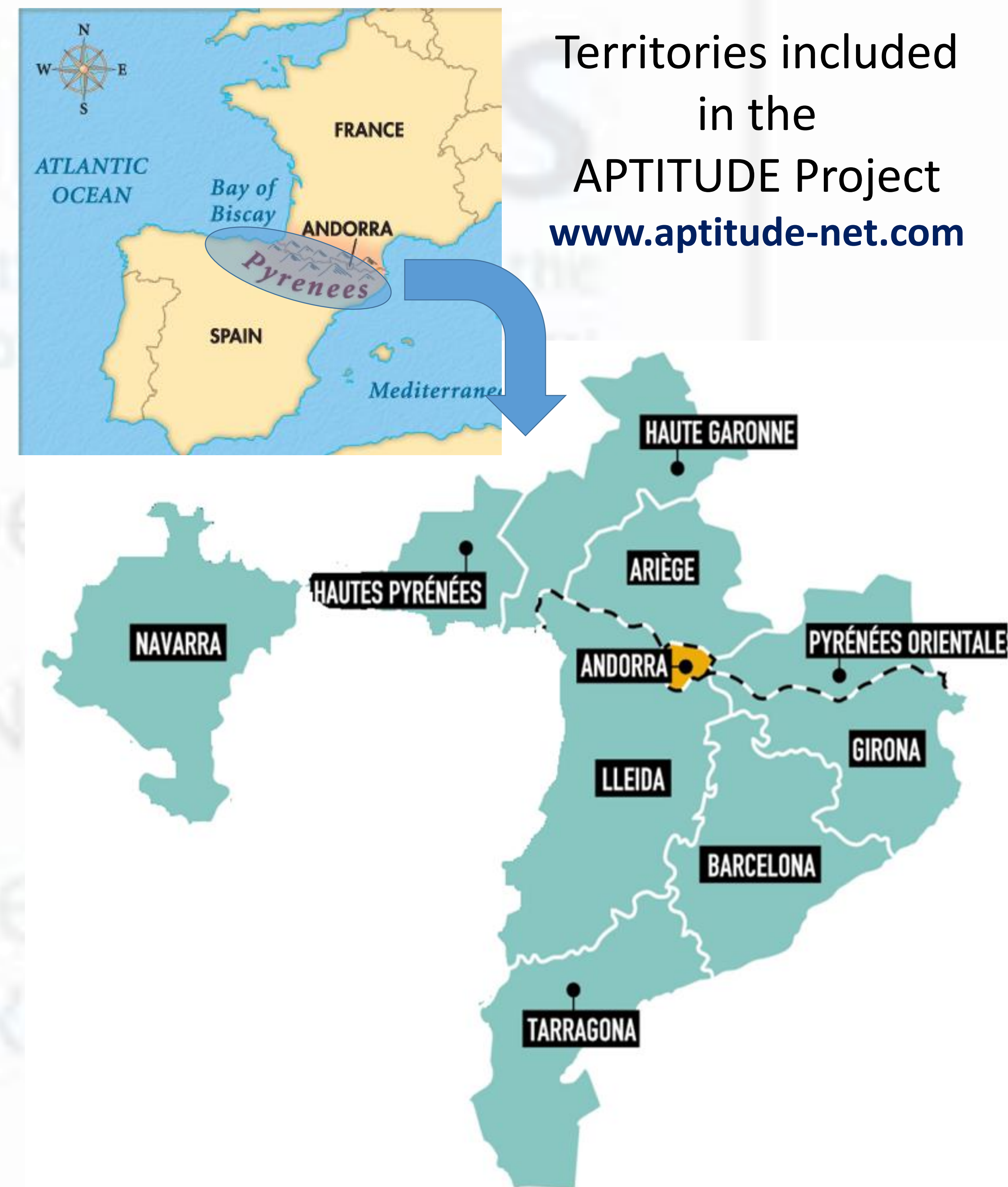
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Aim: To design a community-based multicomponent intervention to be implemented in the APTITUDE territories that will help to reverse frailty and to improve cognitive, emotional and selfcare skills of frail older people.

Methods:

1. A narrative literature review.
2. A multidisciplinary working group to assess contents, structure and methodology of the multicomponent intervention.

Outcome: A complex intervention described with TIDieR guidelines and aligned with the key domains of intrinsic capacity (ICOPE framework)



To conclude:

- ✓ This work will contribute to the generation of evidence about multicomponent interventions addressed to frail older people and will enhance the cooperation between geriatricians and other health professionals in the cross-border zone of the Pyrenees.
- ✓ The methodology applied to the multicomponent intervention gives priority to the development and practice of personal skills and to the promotion of behaviour change, to the detriment of acquisition of not applicable information and knowledge to the daily life of frail older people.