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| **Name & Surname** |  | **Trainer Name** |  | **Date of Course** |  |

**Please rate your knowledge from 1-5 for both before and after the course**

1 = not at all familiar, 2 = slightly familiar, 3 = somewhat familiar, 4 = moderately familiar, 5= extremely familiar

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| **Learning Outcome** | **Before the course** | **After the course** | **Please write a reflection of what you will take away from each outcome** |
| 1. You recognise the physical characteristics of frailty, e.g. general ‘slowing down’, loss of resilience, weight loss, poor nutrition and hydration, fatigue, weakness, reduced physical activity |  |  |  |
| 1. You understand that frailty is a result of multiple health problems and that the affect it has on daily tasks is more important than the severity of each individual problem |  |  |  |
| 1. You are aware that health and care professionals have ways of assessing frailty, which can help in planning appropriate care and support |  |  |  |
| 1. Staff know that if recognised early, there are interventions to improve independence and quality of life for people living with frailty |  |  |  |
| 1. You understand the importance of exercise, physical activity, diet, and hydration in preventing and reducing the risk of frailty, while recognising that factors such as smoking, obesity, and inactivity can increase this risk; additionally, be aware of and able to access services such as health checks, free eye and hearing tests, and home safety checks |  |  |  |
| 1. Understand the risks associated with social isolation and the importance of social networks and communities for people living with frailty and their carers |  |  |  |
| 1. Understand the positive and/or negative impact the home environment may have on people living with frailty |  |  |  |
| 1. Understand how physical and mental wellbeing relates to frailty |  |  |  |
| 1. People living with frailty have targeted intervention to increase their level of function, reduce or reverse their deterioration and prevent adverse outcomes connected to their frailty |  |  |  |
| 1. Know the laws surrounding frailty |  |  |  |
| 1. Understand ethical issues that may arise with frailty |  |  |  |
| 1. Know when and how to raise safeguarding |  |  |  |