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Frailty, what is it?

Many of you may one day have to answer to some of the following questions on frailty: what it is, how it is defined, how it is linked with other health conditions, or if and how its onset can be delayed. Different partners, from the research, academic, health care, Information Technology (IT), industrial and social welfare sector, have combined their efforts to set up a European project called FrailSafe, with frailty at the heart of its activities. All information linked with the topic and the project's results and findings will now be published on its brand new website.

The world population is living longer thanks to long-lasting health and social improvements. It is indeed estimated that two billion people will be aged over 65 years by 2050. However, this increased life expectancy is not necessarily a synonym of additional healthy life years, i.e. the number of years without disability. **Frailty** is a manifestation of ageing, characterized by diminished strength/endurance, and reduced physiologic function that increases an individual's vulnerability for developing increased dependency, and/or death. It is also related to multiple pathologies, such as weight loss, fatigue, weakness, low activity, slow motor performance, and balance and gait abnormalities. It makes older persons more vulnerable to stressors and has major health care implications, which in turn have an impact on the planning and delivery of health and social services. Frailty together with functional decline and disability are common conditions among older people, and are increasing with ageing. However, frailty is a dynamic and not an irreversible process; it seems preventable, may be delayed, or reversed.

The nine [partners](#) of the **FrailSafe project** are collaborating to better understand frailty and its relations to other health conditions thanks to innovative technologies and data mining techniques. They will, among other things, work on [technological objectives](#) by developing an ICT solution that will deliver rehabilitation, and ultimately lead to prediction, prevention and self-management of frailty symptoms; and also on [medical](#) ones related to the identification of quantitative and qualitative measures of frailty and the associated co-morbidities.

All interested stakeholders are invited to visit the brand new FrailSafe [website](#) where knowledge related to the findings and results of the project will be published as they become available. Moreover, other information linked with frailty, such as articles, conferences, demos, new technologies and webinars will be announced on the website.

For further information, get in [touch](#) with us.

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