

Ageing Well



Join our growing group of professionals and put Ageing Well at the heart of your practice as an 'Ageing Well Champion'

Make an even greater impact in preventing illness, premature morbidity and managing long term conditions by promoting practical ways to health and wellbeing...

- ✓ Be part of a supportive group of professionals who are passionate about ageing well and embedding preventative healthcare into their practice
 - ✓ Be better equipped to support your patients (and yourself) to age well
- ✓ It's not about committing lots of time but supporting you in your current practice
- ✓ Share information and resources via our Ageing Well Champions group
- ✓ If you need a specific resource or information about ageing well, start a chat via Microsoft Teams and we'll do our best to help you.
 - ✓ Share knowledge, information and insights with your work teams
- ✓ Make the most of time-limited encounters with patients to promote ageing well

To join just drop us an email at:

cft.frailtypathway@nhs.net

Follow us at:

Fb: @focusonfrailtyincornwall / Twitter: @frailtycft

<https://intranet.cornwallft.nhs.uk/physical-activity-for-patients>

<https://www.cornwallft.nhs.uk/frailty-falls-and-ageing-well>