

# Join Our Study!

## Empowering Community Dwellers to AVOID Frailty and Age Well



### What's This Study About?

- Frailty in ageing can be avoided! We are investigating an approach to help people steer clear of frailty as they grow older.
- **Introducing the AVOID Frailty – Program for Healthy Ageing** intervention. A unique web intervention designed to empower individuals to proactively manage their individual risk and avoid frailty to age well.
- AVOID Frailty intervention provides individualised education and informs individuals about local community programs that might interest them.

### Why Participate? By Participating, You:

- **May reduce your risk of becoming frail:** Gain insights into your risk of frailty and practical strategies to reduce it.
- **Contribute to empowerment for others in the future:** Your contribution in this study provides valuable information to empower others to avoid frailty in the future.
- **Free access:** Participation in the study is free, although attending community programs may have associated fees.
- Receive a \$50 gift card as a token of appreciation for your voluntary participation in the trial to completion.

### Who Can Participate? You're Eligible To Participate If You:

- Live in the City of Charles Sturt.
- Are aged 60 years and over.
- Have regular access to and use a computer/tablet and the Internet (or assistance from someone who does).
- Haven't previously participated in a Citizen Scientist project for AVOID Frailty.
- Are willing to complete health surveys at the start (telephone and face to face), and at 3 months and at 6 months (with telephone support available from research staff).

### For More Information or To Express Your Interest:

Contact Dr Joanne Dollard. Phone 8222 7349. Email [avoidfrailty@adelaide.edu.au](mailto:avoidfrailty@adelaide.edu.au)

Funded by The Hospital Research Foundation.

In partnership with the City of Charles Sturt, Adelaide Primary Health Network and Canadian Frailty Network.

The project was approved by the CALHN Human Research Ethics Committee.

