

SET OF QUESTIONS ON SOLUTIONS TO REDUCING FRAILTY (INCLUDING DIGITAL SOLUTIONS)

Frailty is mostly associated with an increased vulnerability of older adults such as a decrease in physical activity, low energy, unintentional weight loss and loss of grip strength. However, frailty is not an inevitable consequence of ageing.

- How can frailty can be **prevented and managed** to foster a longer and healthier life?
- What role are digital solutions playing in the **early identification and assessment** of frailty's core features?
- How can these digital solutions enable **preventive measures** to be applied **in time**?
- What are the opportunities for improved and **personalised** geriatric **interventions**?

