

ABOUT FOOTPRINTS

Footprints Community is a well-regarded not-for-profit provider of community-based services, working in the community for over 30 years. We specialise in working with older people, those that experience disability, mental illness, as well as those who are at risk of homelessness.

Footprints adopts a non-discriminatory practice and working alongside people with respect and dignity, to enhance their capacity to live independently in the community, is integral to our service.

Our professionally qualified and highly skilled workforce operate within a client-centred practice framework ensuring principles of strengths-based practice are implemented into service delivery.

We believe in independence, strength and choice. We work with people and their representatives, at their own pace, to empower and support people to reach their goals.

PUTTING PEOPLE FIRST ...



HOW TO ACCESS THIS SERVICE

If you are:

- a person experiencing frailty
- caring for a person with frailty symptoms
- a health professional
- a community member/neighbour who is concerned about someone with frailty symptoms.

Please contact our team for a referral form and return the completed form via Fax or email to: FCCS@footprintscommunity.org.au



Our referral form is on the Footprints website and outlines eligibility criteria, if you require more information our contacts are detailed below.



You can ask for an interpreter. It is FREE.

Contact us:

T: 1800 FOOTPRINTS (1800 366 877)
or 07 3252 3488
F: 07 3252 3688

P.O. Box 735 New Farm QLD 4005
www.footprintscommunity.org.au

STAY CONNECTED WITH US



FEBRUARY 2023

FRAILTY CARE COORDINATION SERVICE

Support for people with signs and symptoms of frailty!





ABOUT THE FCCS PROGRAM

The Frailty Care Coordination Service (FCCS) provides expert practical advice, guidance and education on providing the best care for people living with, or at risk of, frailty across the Logan and Beaudesert Regions.

This service is supported by funding from the Australian Government through Brisbane South PHN.

WHO IS ELIGIBLE

People who are:

- aged 65 years and older or 50 years or older for First Nations People
- living in the region of Logan or Beaudesert
- seeking preventative measures to support their health and wellbeing and/or
- experiencing symptoms of frailty (i.e. functional decline, fatigue, slow motor performance, cognitive impairment), and who are at increased risk of vulnerability impacting on health, wellbeing and independence.

WHAT FCCS OFFERS

Care Coordination Service

- Support to recognise early signs and symptoms of frailty
- personalised links to health services and community supports in your local area
- support to increase independence and self-management of frailty symptoms
- support to manage barriers to health care and assistance with navigating health care systems
- information and advocacy
- clear communication between you and your health care providers.

frailTEA Social Connection Events

- an informal and social affair where people can feel welcomed and accepted, remain socially active and make new friends
- an opportunity to engage in activities and discussions in a social setting and comfortable space to explore frailty prevention through nutrition, falls prevention, physical and emotional health and wellbeing
- safe and confidential space to provide mutual support and exchange information with peers.



Footprints have partnered with Champion Health who have developed exercise programs and workforce development and training packages to be delivered by Footprints staff in the Logan and Beaudesert communities.