

OUR INITIATIVES

Focusing on Nova Scotia Health's largest patient population, our initiatives play a pivotal role in advancing True North priorities and metrics to improve outcomes for older adults.

HIGHLIGHTS 2025-2026

- New Clinical Frailty Scale Flag in C3 Technology
- Frailty Informed Care LMS module launched
- Government Frailty Awareness Day Proclamation (Oct. 1)
- Network now on Nova Scotia Health Compass

SENIORS' CARE TEAMS (Launched Nov. 1, 2025)

Interdisciplinary emergency department teams screen all patients aged 65 and older to help prevent unnecessary hospital admissions, then follow patients into the community to ensure the right supports and equipment are in place so they can live well in the place they call home

2663 PATIENTS SCREENED

955 HOME VISITS COMPLETED

61% DISCHARGED HOME

Nov 01, 2025, to June 05, 2026

4 Regional Emergency Departments

- Dartmouth General
- Cape Breton Regional
- Colchester East Hants
- Yarmouth Regional

EARLY MOBILITY PROGRAM (EMP)

17,204

Referrals to the EMP
Oct. 2023 – May 2026

94%

Older adults participating in the EMP return home

77%

Referred within 72 hours of admission

PRIMARY HEALTH CARE

1 Health Home Primary Care Pilot

All adults at risk of or living with frailty are identified early in primary care and receive coordinated, person-centred, proactive care plans based on CFS score and their values and preferences.

FRAILTY & DIGNITY OF RISK-INFORMED CARE PILOTS

The Frailty & Dignity of Risk-Informed care pilot is a frailty-focused, person-centred care initiative that uses frailty evidence, care planning, and a Dignity of Risk approach to support early identification and management of frailty to reduce risk of hospital-acquired harm and optimize function and discharge planning of older adult patients.

“What we heard...”

I spend more time communicating risk-benefit decisions with patients and families, and this feels like time well spent (e.g., immobility, pressure injuries, benefits of mobility).

4E staff Dartmouth General Hospital

2 SITES
Dartmouth General & Aberdeen Regional

6 Frailty Care Plans developed CFS 3-7

7 Care Plans replaced

Visit Us

OUR AIM

Build and implement a coordinated, system-level approach to advance a shared understanding of frailty, embedding core frailty principles at the organizational level to strategically guide and align action across the healthcare system.

77%

of admitted patients are over age 65, most CFS 4-7 (frailty)

81%

of patients with LOS >28 days are over 65

NSH data, April 30, 2026

Collaboration

6 NSH

- IPPL
- Access and flow
- Quality Improvement
- Primary Care Network
- Implementation Science
- Data Analytics
- Frailty Index Lab

2 National

- Provincial Geriatrics Leadership Ontario
- Health Quality British Columbia

2 Community

- Healthy NS
- Caregivers NS

3 International

Australia 🌐 Scotland 🌐 Wales

By the Numbers

>150

Requests for frailty and dignity of risk education completed

>3000

Staff, physicians, leadership, and partners educated

>160

Attended Seniors' week webinar on frailty and C3

Delirium Recognition

25%

of patients in the hospital have delirium on any given day.

World Delirium Awareness Day

19 sites across **4** zones, **202** volunteers
165 volunteers and staff training in 4AT

Frontline staff: [Frailty and Elder Care Network LibGuide](#) / [Frailty Compass site](#)

Physicians, Nurse Practitioners: [Frailty and Elder Care Network | Information and Wellness Portal](#)

Public: [Frailty | Nova Scotia Health](#)

Contact us:
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