

# Hearing it from you: Better Frailty Care in Western Queensland

Roma  
Charleville  
Longreach  
Winton

*The Australian Frailty Network is visiting towns in Western Queensland and would like to hear what locals think about frailty research, consumer engagement and frailty services in Western Queensland.*

### What does 'frailty' mean?

Frailty means the body has less strength and resilience across many systems. People who are frail find it harder to "bounce back" after health issues—whether it's something small like a urinary tract infection or more serious like a broken hip. People who are frail usually have three or more of five symptoms that often travel together:



Weight Loss



Fatigue



Loss of Strength



Slow Walking Speed



Low Activity Level

### About the forum

Come along to learn about frailty and to share your insights on what is needed for better frailty care in Western Queensland. Your insights will help ensure that local needs and lived experiences shape future research and advocacy for people in regional, rural, and remote communities.

### We would love to hear from you if you are:

- ✓ Living with frailty
- ✓ Have a medical condition that may cause frailty, such as diabetes, heart disease, chronic kidney disease, COPD, osteoarthritis, or cancer
- ✓ Have experience caring for someone living with frailty
- ✓ Would like to have a say on frailty research and care

### Dates and times

Roma - 13<sup>th</sup> October 5.30-6.30pm

Charleville - 15<sup>th</sup> October 5.30-6.30pm

Longreach - 28<sup>th</sup> October 5.30-6.30pm

Winton - 30<sup>th</sup> October 5.30-6.30pm

**To register to attend or find out more, visit our website [afn.org.au](https://afn.org.au) or scan the QR code**

If you have any questions, you can contact us directly at: [afnconsumers@uq.edu.au](mailto:afnconsumers@uq.edu.au); 0475 747 230



TIP: Use your smartphone or tablet camera to scan the QR code. It will take you to a secure page with full study details and how to get started