

New Frailty Self-Management Health Coach Study

LOOKING FOR PARTICIPANTS AND VOLUNTEERS

New Frailty Self-Management Health Coach Study Starting in March 2023

Self-Management BC is launching a new study in the Fraser Health Region to evaluate the effectiveness of peer coaches using self-management strategies and the Canadian AVOID Strategy to slow down and/or prevent the progression of frailty in older adults.

To Participate as Participants

Who can participate?

- Seniors 65+ with fluency in English and
 - o Living in the Fraser Health Region
 - o Concerned about becoming frail
 - o Have one or more chronic health conditions
 - o Able to give consent
 - o Have access to computer, internet, and a telephone
 - o Willing to commit to being in the study for 5 months

To Volunteer as Health Coaches

Health coaches will:

- Receive training
- Not Needed to be residing in the Fraser Health Region
- Be paired with a study participant
- Provide a 45-minute weekly telephone call for 13 weeks
- Provide support, encouragement, and empower the participants towards health enhancing actions.

For more information about the study and eligibility requirements, or if you are interested in volunteering as a Frailty Health Coach, contact:

Gurpreet Sandhu, Study Coordinator at 604-946-0195.