



# Best Frailty Care

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To support the elderly in preserving their autonomy, allowing them to live independently at home for longer, Best Frailty Care or ('TOM' in Dutch) offers an innovative and sustainable care path.



## KEY FIGURES

€ 1.5 M in funding

628 Health Care professionals trained to fall prevention

3,525 Elderlies participating in physio trainings

The Dutch healthcare system is experiencing significant financial pressure due to the country's growing ageing population, with elderly people expected to represent 26% of the total by 2050. 'Smarter' healthcare, self-management and care-support at home is being actively promoted, with 95% of elderly people in the Netherlands living alone at home. Among this age group, falls and fractures are the first cause of non-disease related death. Nutricia wishes to raise awareness about fall- prevention solutions with nutrition as an integrated element. With the support of the Danone Ecosystem Fund, Philips, PostNL the not-for-profits Veiligheid NL and ONVZ, Nutricia has co- created the Best Frailty Care project. It aims to develop, test, evaluate and implement services and solutions which help to predict and protect physical functionality, in order to reduce fall incidents of older people. This is proceeding with a multi-factorial approach (digital real-time fall monitoring, nutrition, physical activity, medical and social care) starting in four incubation cities in The Netherlands.

Best Frailty Care creates jobs, empowers nurses, exercise therapists, and raises awareness of the importance of nutrition. Due to partnership with key actors, it also builds trust and fosters the reputation and credibility of Nutricia. It offers an innovative and sustainable care path with an ambition of reducing fall incidences among elderly by 30%. By doing so, it increases the autonomy and well-being of elderlies while generating savings for the healthcare system.

## PARTNERS

