

UNEXPECTED FRAILTY IN THE HOMELESS POPULATION

MANAGING FRAILTY IN PRIMARY CARE ~ 7TH NOV 2025

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(GP with a Special Interest in Homeless Medicine)

FRAILTY

Frailty is a complex health-related condition, comprising of diminished reserve and function, decreasing adaptive capacity, and increasing vulnerability to stressors, potentially causing adverse outcomes.

HOMELESSNESS

Homelessness is a global problem associated with poor health and premature mortality.



THE INVERSE CARE LAW

Dr Julian Tudor Hart 1971

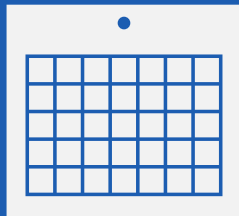
“The people who need healthcare the most are often the least able to access it”.



WHAT IS THE PROBLEM in BCP?

- In top 10 for people sleeping rough
- Many forms of homelessness
- Est 1342 people, this year

BARRIERS TO HEALTHCARE



ADVERSE CHILDHOOD EXPERIENCES (ACE's)

TRAUMATIC EVENTS

- ABUSE
- NEGLECT
- PARENTAL SEPARATION
- LOSS

Those with 6+
ACES can die

20_{yrs}

Earlier than those
who have none

www.70-30.org.uk

THE FACTS

- 84% - physical health problems – 3 X more LTCs
- 87% - mental health problems – 52% using drugs / alcohol to cope
- 9 X more likely to die by suicide
- >50% classified as frail on Edmonton Frailty Scale

EDMONTON FRAILTY SCALE

- Cognition
- General health status
- Functional independence
- Social support
- Medication use
- Nutrition
- Mood
- Functional performance





UNSCHEDULED HOMELESS CARE

- 4 X more A&E attendance
- 3 X more emergency admissions
- 3 X longer duration of stay
- 8 X greater cost to NHS



THE HEALTHBUS

- Accessible
- Appropriate
- Care at the point of need

Integrated health and social care for people experiencing homelessness

NICE guideline
Published: 16 March 2022
www.nice.org.uk/guidance/ng214

WHY DOES IT WORK?

- Collaborative
- Recognising complex comorbidity
- Patient centred, TIC
- Flexible & responsive
- Saving lives and money



**“I NEVER
THOUGHT.....**

.....Care like this

was possible

when I was homeless”.

THANK YOU!

Dr Maggie Kirk ~ Cranborne Practice and Lake Rd Surgery, Dorset