Consensus of core palliative care needs of older people with severe frailty

PHASE 1

Literature review, interviews/survey with older people and their family (N=25),
Virtual Delphi - with health, social, and voluntary services and family carers (N=256)

FINDINGS

Needs grouped under physical, social, practical, spiritual, and physical domains. Most consensus across all stakeholders were predominantly in the social and practical domains

The Top 5 Needs

- Trust in care providers - to be recognised – personhood, kinship and comfort

- Not to feel lonely

- Opportunities to discuss current and future care needs (more than ceilings of treatment)

- Support with medication – administration and optimisation

- Services and interventions to support mobility

MEETING NEEDS

- Primacy in clinical service assessment and response often given to physical needs. Social and practical needs often prioritised by older people

- Many needs were reported as being a shared responsibility that included "family" but ambivalence about when and how to involve in family in care

- Family carers described being under great strain to coordinate and meet older people's care needs.

" *Now I feel lonely. And sometimes I feel there is nothing in the world for me"*

Zoeb

" *It's, you know, just I really do feel like I don't exist anymore… When you're blind, they don't put things back in the same place!"*

Olive