Canadian Frailty Network | Réseau canadien des soins aux personnes fragilisées

Request for Proposals (RFP)
AVOID Frailty Regional Centres for Healthy Aging Grants Competition

IMPORTANT: This competition is closed to new applicants. Only those investigators who submitted an Intent to Apply by the deadline are eligible to submit full applications.

NEW: 1) The competition will no longer limit the number of awards per geographic region.
2) The evaluation process has been modified and will now require that top-ranked teams to make presentations to a selection committee. For more information, see below.

Purpose

The Canadian Frailty Network (CFN) is looking to fund at least three Regional Centres for Healthy Aging (RCHA) in spreading the implementation of CFN's AVOID Frailty Program – a community-driven health intervention that aims to enable uptake and maintenance of healthy behaviours among older adults. The selected regional centres will spread the AVOID Frailty Program by engaging and empowering community members and organizations. It is expected that the regional centres will foster an enabling environment for behaviour change that includes co-ordinated assistance for older adults to identify, navigate, and access local health and social services. Using an approach that incorporates both a digital platform (specifically modified and adapted for AVOID Frailty) and personnel support, behaviour change strategies (i.e., education, self-monitoring, and nudging) will aim to facilitate individual-level and community-level adoption of evidence-based behaviours of healthy aging. Additional information about specific aspects of the Centre for Healthy Aging are available here.

Definition of a Regional Centre for Healthy Aging

A RCHA is comprised of like-minded team of individuals, residing within a defined geographic area, who are dedicated to implementing and promoting a community-based program to encourage older adults to engage in behaviour changes that prevent frailty and promote healthy aging. A RCHA demonstrates evidence of interdisciplinary collaborations and commitment to advancing knowledge dissemination, research, and community engagement to promote a holistic approach to healthy aging. As a leadership node for multisectoral initiatives, a RCHA is responsible for coordinating the implementation and management of the AVOID Frailty Program in a culturally, environmentally, and economically appropriate way that acknowledges and honours the characteristics of community members.

Funded RCHAs will work with CFN to refine their regionally tailored implementation strategies and best practices of the AVOID Frailty Program, which will be informed by CFN's Kingston, Frontenac, Lennox and Addington RCHA currently being developed.

Background

The mission of CFN is to improve care for older adults living with frailty and to support their family and friend caregivers. We do this by increasing recognition, understanding and assessment of frailty, increasing evidence for improved decision making, advocating for improvements to health and social care, educating the next generation of care providers and by engaging with older adults and their caregivers. CFN funds innovative research studies, knowledge translation activities, and develops partnerships focused on frailty. AVOID Frailty was developed by CFN as a public health education campaign to inform older adults of evidence-based

strategies that promote healthy aging (www.AVOIDfrailty.ca). CFN is further investing in this initiative by establishing the AVOID Frailty Program in Kingston, Ontario and surrounding regions (Kingston, Frontenac, Lennox and Addington Regional Centre for Healthy Aging (The Centre)). The Centre will operationalize each of the five AVOID Frailty components together as a complex public health intervention. Additional information about specific aspects of the KFLA Centre for Healthy Aging are available here.

Driven by a holistic view of health, the AVOID Frailty Program will provide communities with the knowledge, tools, support, and opportunities to prevent, mitigate and/or delay the onset or worsening of frailty. Together with diverse partner organizations, the AVOID Frailty Program aims to harness and enrich communities with opportunities for ongoing age-friendly research, innovation, and development.

Proposal Details

CFN will select the Canadian regional centres for seed funding that will help to spread the implementation of the AVOID Frailty Program. To access FAQs click here.

Using The Centre site for the AVOID Frailty Program as the model, applications must include team members who represent the following possible community collaborations and partnerships (although not all are required, more partners as evidence of increased engagement will be evaluated favourably):

1. Tri-Council eligible post-secondary institution
2. Community (health and/or social support) organizations
3. Seniors' association
4. Family health team or interprofessional primary care clinic
5. Local municipality
6. Not-for-profit organization
7. Private sector/industry

Applications must include partnerships letters from organizations indicating evidence of past collaboration and/or an explicit statement about their willingness and ability to manage effective partnerships for the duration of the project. Applicants must provide a detailed description of why their community would benefit from implementing the AVOID Frailty Program and highlight any existing initiatives that would be strengthened by the funding from this competition.

In addition, all Applications must:

- Include a Project Description no longer than 5 pages, single spaced in Calibri 12 font with 1-inch margins.
- Include the name and affiliation of the implementation lead (Project Leader), project title, study timeline and budget. Project Leader is the Principal Investigator responsible for managing the project team. The Project Leader will be the primary contact for CFN.
- Demonstrate evidence of other knowledge translation and/or implementation activities.
- Include rationale, objectives/deliverables, description of team expertise (i.e., partners, community members, other stakeholders) and overall budget (see below).
- Describe readiness and provide a plan for adaptation and sustainability.
- Integrate the CFN-modified digital platform to facilitate and track individual behaviour changes and store a tailored catalog of community health and social supports, resources, and offerings.
- Evaluate individual and community-level indicators of behaviour change using the digital platform that will act as the AVOID Frailty Program's central data repository.
- Include process evaluation to describe conditions surrounding implementation.
- Obtain approval from institutional ethics board (proof of submission to ethics at the time of project submission is adequate).

NOTE:

- *All interested applicants will be provided with further details on the CFN-modified digital platform on request for possible integration into their submitted project proposal.*

- *Successful applicants will work with CFN to refine their regionally tailored implementation strategies and best practices of the AVOID Frailty Program, which may be informed by CFN's Kingston, Frontenac, Lennox and Addington Regional Centre for Healthy Aging currently being developed.*
- *Successful applicants may also be asked for additional information and clarification regarding partners, community members, and budget justification.*

Timelines

- **Competition re-launch date:** September 6, 2022
- **Intent to Apply deadline** (not adjudicated)**:** September 12, 2022, at 4pm ET
- **Full Application deadline:** October 24, 2022, at 12pm ET
- **Maximum length of funding term:** 18 months (funding will not be proceed beyond June 30, 2024)

Budget

- A total maximum of $500,000 is available for this entire RFP.
- A single application for a regional centre may request funding to a maximum of $250,000.
- A minimum of two applications (at least one per geographic area) will be funded.
- Project payment is tied to milestone progress and progress reporting.
- All CFN funding must be accompanied by applicant matching partner funds at least at a 1:1 ratio. Both cash and in-kind matching partner funds are eligible although cash contributions are weighted higher in project evaluations.

Specific deliverables required by CFN

- Progress reports every six months updating CFN on program implementation, individual and community-level assessments, financial reporting, etc.
- A final detailed report at project end date.
- A face-to-face or online meeting at project end date to discuss final results/findings.

New! **Evaluation Criteria**

This competition will use a two-stage evaluation process. Stage one is a peer-review evaluation process performed by persons who have the necessary expertise and experience to assess the quality and potential impact of the project. This will involve an evaluation rubric that will encompass how well the application addresses the above requirements, including factors such as feasibility and capability. Expertise of the team, appropriateness of partner organizations, in addition to exchange and engagement with stakeholders beyond the research community will be assessed. Budget expenses and contributions must adhere to Tri-Council Guidelines. All submitted applications will undergo stage one evaluation.

Once the projects are scored, the applicants of the top-ranking projects will proceed to Stage Two. Up to four (4) top-ranking projects will be invited to make presentations (via Zoom) to a selection committee. All teams must be able to present to the selection committee the week of Dec 12. We recommend that all teams block off the week of Dec 12 for a possible presentation. In the event a top-ranked team cannot present, we will invite the next ranked applicant.

Timeline

Adjudication & teams notified	Dec 9, 2022
Presentations of top-ranking projects	Week of Dec 12, 2022
Applicants notified	early Jan 2023
Earliest start date	As soon as all documents are signed and REB approval received

Terms and Conditions

By submitting a project proposal, the applicant/organization acknowledges and agrees that CFN has no liability or obligation to any applicant/organization, except to the party (or parties) that is awarded the contract by CFN in its sole discretion. CFN shall be fully and forever released and discharged of all liability and obligations in connection with this grant. CFN reserves the right to cancel this grant at any time without any obligation or reimbursement to organizations.

Contact for Further Information

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