



**Dr. Thomas Ho, Family Physician**

Dr. Thomas Ho obtained his Bachelor of Science (Pharmacy) 1976 and Doctor of Medicine Degree (1980) from the University of British Columbia. He has been practicing as a full service family physician since 1981. He was given special recognition by the College of Family Physicians of Canada for Care of the Elderly. He holds the rank of Clinical Professor in the Department of Family Practice at UBC, teaching medical students and residents. He has been a Physician Examiner for the Medical Council of Canada for many years. Dr. Ho actively participates in public health education initiatives, health forums, radio and television talk shows.

**Session:** *Identification of Patients with Frailty or Vulnerable to Frailty*

- Objectives:**
1. What is frailty, and how to recognize its warning signs
  2. How to identify risk factors and common issues of frailty
  3. When and how to seek assistance for frailty
  4. Tips to manage and set goals to manage frailty