

## Frailty Scale- Identifying Risk: Preventing Disability



1. **I am very fit-** I am robust, active, social, well motivated and fit: I commonly get lots of exercise and am one of the fittest in my age group.
2. **I am well-** I do not have active disease but could be a little more fit, social and active
3. **I am well but do have some health issues that are well treated-** My health challenges are treated by my doctor and health care professionals and are under control. I take charge of my challenges and ensure that I combat them with diet, exercise and medication.
4. **I am having some challenges and may be vulnerable-** I am not dependent on others but I am really being “slowed up” and my symptoms are present every day.



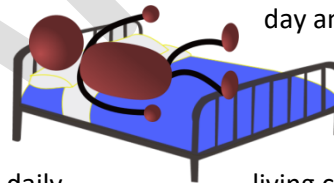
**I am faced with a health or life challenge- I have the reserves and the support** to regain my health and independence.



**I am faced with a health or life challenge- I do not have the reserves and the support** required to gain my independence and am at risk for increasing health and independence challenges



5. **I am mildly frail-** I am requiring some support from others for my daily activities.
6. **I am moderately frail-** I struggle every day and now need help for daily living and personal care. I cannot make it through the day on my own.
7. **I am Severely Frail-** I am completely dependent on others for all of my personal and daily living care.



### Activities I require to live safely in the community (IADL)

I can: prepare meals, do housework, manage my finances, manage my medications, use the telephone, do my own shopping, travel safely to where I need to go, I have friends and family around me



### Activities where I need help (ADL)

I need help with, getting in and out of bed, transferring from my chair to walking, moving inside and outside of my home, getting dressed, eating my meals, using the toilet, personal hygiene such as brushing my teeth or combing my hair, bathing

**Who am I?**

**Contact Your Family Physician or nurse practitioner for Your Frailty Assessment and Care Plan**