

Frailty Assessment


Have a look at the images and brief descriptions below - how would you score yourself? You may want to score this with your family and friends to see if they agree? Select from below to know your score.

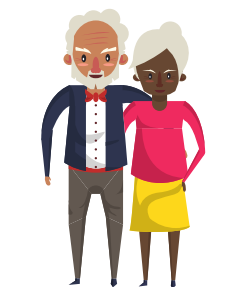
Are you starting to slow down?


Are you starting to struggle with daily tasks?


Are you determined to stay independent?


Do you feel isolated or lonely?


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1. Very Fit - robust, active, energetic and motivated. Exercise regularly
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2. Well - No active disease symptoms but are less fit and active than previous category. You only exercise or are very active occasionally e.g. seasonally
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3. Managing Well - People whose medical problems are well controlled but who are not regularly active beyond routine short-distance walking
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4. Vulnerable - While not dependent on others for daily help, often symptoms limit activities. A common complaint is 'slowing up' and/or being tired during the day.
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5. Mildly Frail - These people often have more evident slowing and need significant help with finances, heavy housework, transportation or maybe medications.
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6. Moderately Frail - These people need help with outside activities and with maintaining the home. Inside, they may struggle with stairs and need help bathing or with getting dressed.
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7. Severely Frail - Completely dependent for personal care for whatever reason. Seem stable in their condition.
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8. Very Severely Frail - Completely dependent for everything. Would struggle to cope even if they got a very minor illness.

If you scored yourself 3 to 5 then you are likely to benefit from a Frailty Assessment from our practitioners

Activities of daily living		
Basic	Instrumental	Advanced
<p>Basic physiological and self-maintenance needs like eating, toileting and getting dressed</p>	<p>Necessary to maintain independent and community life living like managing finances, shopping and using public transport</p>	<p>Voluntary and complex, but not essential for independency, like using technology, going on holidays and practising hobbies</p>
		

If you are struggling with any of the above activities or ask yourself any of the questions stated, you would benefit from a Frailty Assessment.

Why is Independence important in the elderly?

- Boost self-esteem and confidence
- Improve quality of life
- Improve mental and physical health
- Have a sense of purpose
- The ability to achieve daily tasks and make own choices

If you or someone you know fits these criteria or feel would benefit from a frailty assessment please discuss with your GP for an assessment.