



## FRAILTY SCALE

Score	Description
≤ 3	Managing Well: Medical problems well controlled, patient not regularly active beyond routine walking.
4	Vulnerable: Not dependent on others for daily help. Being "slowed up", and/or being tired during the day.
5	Mildly Frail: More evidently "slowed up", and/or being tired during the day, needs help in some daily activities (e.g. finances, heavy housework).
6	Moderately Frail: Needs help with all outside activities/keeping house. Have problems with stairs, need help for bathing and minimal assistance with dressing.
7	Severely Frail: Completely dependent for personal care, from whatever cause (physical or cognitive). Not at high risk of dying (within 6 months).