Clinical Frailty Scale

Original Scale

- Very fit People who are robust, active energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.
- Well People who have no active disease symptoms but are less fit than category 1. Often, they exercise or are very active occasionally, e.g. seasonally
- Managing Well People whose medical problems are well controlled, but are not regularly active beyond routine walking
- Vulnerable While not dependent on others for daily help, often 4 symptoms limit activities. A common complaint is being "slowed up", and/or being tired during the day
- have more evident slowing, and need help in high order IADLs (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework

Mildly Frail - These people often

- Moderately Frail People need help with all outside activities and with keeping house. Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing
- Severely Frail Completely dependent for personal care, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~6 months)
- Very Severely Frail Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness

SHARE Scale Independence for activities of daily living STAGE 8 (ADL) Dependent for Independent for at all ADL (6/6) least 1 ADL Self-perceived health "Excellent" or "Very good" AND no active disease symptoms STAGE 1 ← True False "How often do you engage in vigorous physical activity, such as sports, heavy housework, or a job that involves physical labour?" More than STAGE 2 Other once per week For the past six months at least, to what extent have you been limited because of a health problem in activities people usually do?" Not Limited STAGE 3 ← limited Number of limitations with ADL 2/6 to 1/6 None 5/6 Number of limitations with IADL At least None STAGE 6 STAGE 7 one STAGE 4 STAGE 5

Fig. 1 Clinical Frailty Scale (Theou et al., 2013)