CLINICAL FRAILTY SCALE

	1	**VERY FIT**	People who are robust, active, energetic and motivated. They tend to exercise regularly and are among the fittest for their age.
	2	**FIT**	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.
	3	**MANAGING WELL**	People whose **medical problems are well controlled**, even if occasionally symptomatic, but often **not regularly active** beyond routine walking.
	4	**LIVING WITH VERY MILD FRAILTY**	Previously "vulnerable," this category marks early transition from complete independence. While **not dependent** on others for daily help, often **symptoms limit activities**. A common complaint is being "slowed up" and/or being tired during the day.
	5	**LIVING WITH MILD FRAILTY**	People who often have **more evident slowing**, and need help with **high order instrumental activities of daily living** (finances, transportation, heavy housework). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation, medications and begins to restrict light housework.
	6	**LIVING WITH MODERATE FRAILTY**	People who 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.
	7	**LIVING WITH SEVERE FRAILTY**	**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).
	8	**LIVING WITH VERY SEVERE FRAILTY**	Completely dependent for personal care and approaching end of life. Typically, they could not recover even from a minor illness.
	9	**TERMINALLY ILL**	Approaching the end of life. This category applies to people with a **life expectancy <6 months**, who are **not otherwise living with severe frailty.** Many terminally ill people can still exercise until very close to death.

SCORING FRAILTY IN PEOPLE WITH DEMENTIA

The degree of frailty generally corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.

In **severe dementia**, they cannot do personal care without help.

In **very severe dementia** they are often bedfast. Many are virtually mute.

DALHOUSIE UNIVERSITY

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Rockwood K et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489–495.