

# Clinical Frailty Scale



LOW RISK



1. **Very fit** – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.



2. **Well** – People who have **no active disease symptoms** but are less fit than category I. Often, they exercise or are very **active occasionally**, e.g. seasonally.



3. **Managing well** – People whose **medical problems are well controlled**, but are **not regularly active** beyond routine walking.

MODERATE RISK



4. **Vulnerable** – 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. **Mildly frail** – These people often 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.

HIGH RISK



6. **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.



7. **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 (with ~6 months).



8. **Very severely frail** – Completely dependent, **approaching the 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 evidently frail**.

## Scoring frailty in people with dementia

The degree of frailty 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.

This resource has been adapted from the Geriatric Medicine Research, Dalhousie University. Clinical Frailty Scale v2.0. Reprinted with permission from: Rockwood K, Theou O. Using the Clinical Frailty Scale in Allocating Scarce Health Care Resources. Can Geriatr J 2020;23(3):211. Copyright 2020 by Kenneth Rockwood.