

Clinical Frailty Scale © (Dalhousie University)

1 Very Fit	Robust, active, energetic and motivated. These people commonly exercise regularly.
2 Well	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	medical problems are well controlled, but are not regularly active beyond routine walking.
4 Vulnerable	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	More evident slowing, 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.
6 Moderately Frail	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 (within 6 months)
8 Very Severely Frail	Completely dependent, approaching the end of life
9 Terminally Ill	> 6 months to live

Scoring frailty in people with dementia The degree of frailty corresponds to the degree of dementia

Mild Dementia	Forgetting the details of a recent event, though still remembering the event itself; repeating the same question/story; social withdrawal.
Moderate Dementia	Recent memory: very impaired, but seemingly can remember their past life events well. They can do personal care with prompting.
Severe Dementia	cannot do personal care without help.

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