

The Clinical Frailty Scale http://www.bcguidelines.ca/guideline_frailty.html

- 1 **Very fit** – Robust, active, energetic, well motivated and fit; these people commonly exercise regularly and are in the most fit group for their age
- 2 **Well** – Without active disease, but less fit than people in category 1
- 3 **Well, with treated comorbid disease** – Disease symptoms are well controlled compared with those in category 4
- 4 **Apparently vulnerable** – Although not frankly dependent, these people commonly complain of being “slowed up” or have disease symptoms
- 5 **Mildly frail** – With limited dependence on others for instrumental activities of daily living
- 6 **Moderately frail** – Help is needed with both instrumental and non-instrumental activities of daily living
- 7 **Severely frail** – Completely dependent on others for the activities of daily living, or terminally ill

Frailty –

Is the root cause of unstable disability

