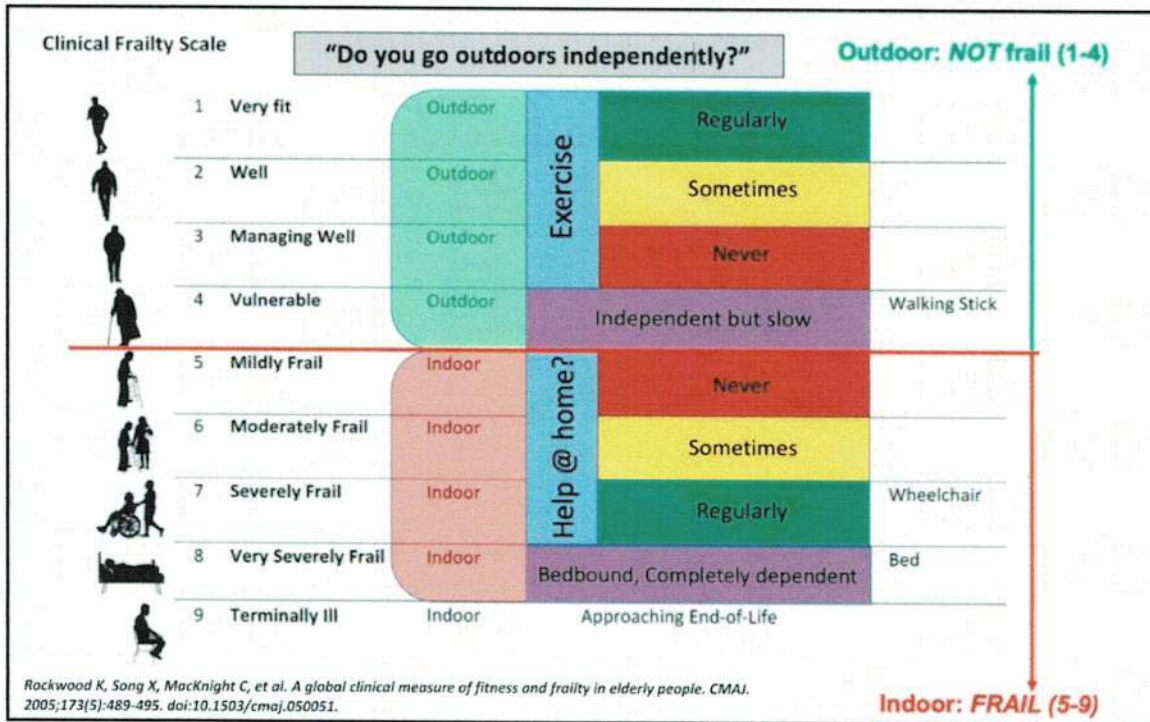


Frailty Scale Scoring Aid



FRAILTY QUESTIONNAIRE

For each question, please select **all** of the options that apply to you.

Two weeks **BEFORE** your current illness...

Q1. Did you need help with any of the following personal care?

Using the toilet
 Getting dressed
 Bathing/Showering
 Walking

**Stop here if you have selected any of the options above.*

Q2. Did you need help with any of the following activities?

Going outside
 Handling Money
 Taking Medications

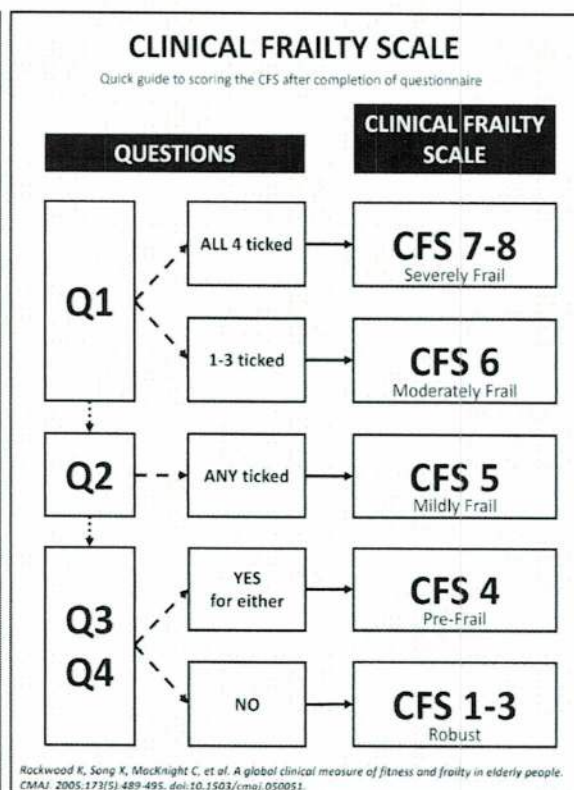
**Stop here if you have selected any of the options above.*

Q3. Did you feel constantly tired throughout the day?

Yes
 No

Q4. Did you feel that you were walking slower than usual?

Yes
 No



Reduce your frailty risk



Frailty can increase as you age.

Being frail can affect your ability to participate in daily activities and live independently.

Take steps to reduce your frailty risk by:

- ▶ Moving more
- ▶ Increasing your social interaction
- ▶ Eating and drinking well
- ▶ Maintaining healthy vision and hearing
- ▶ Getting your vaccinations
- ▶ Prioritizing a consistent sleep routine
- ▶ Optimizing your medication