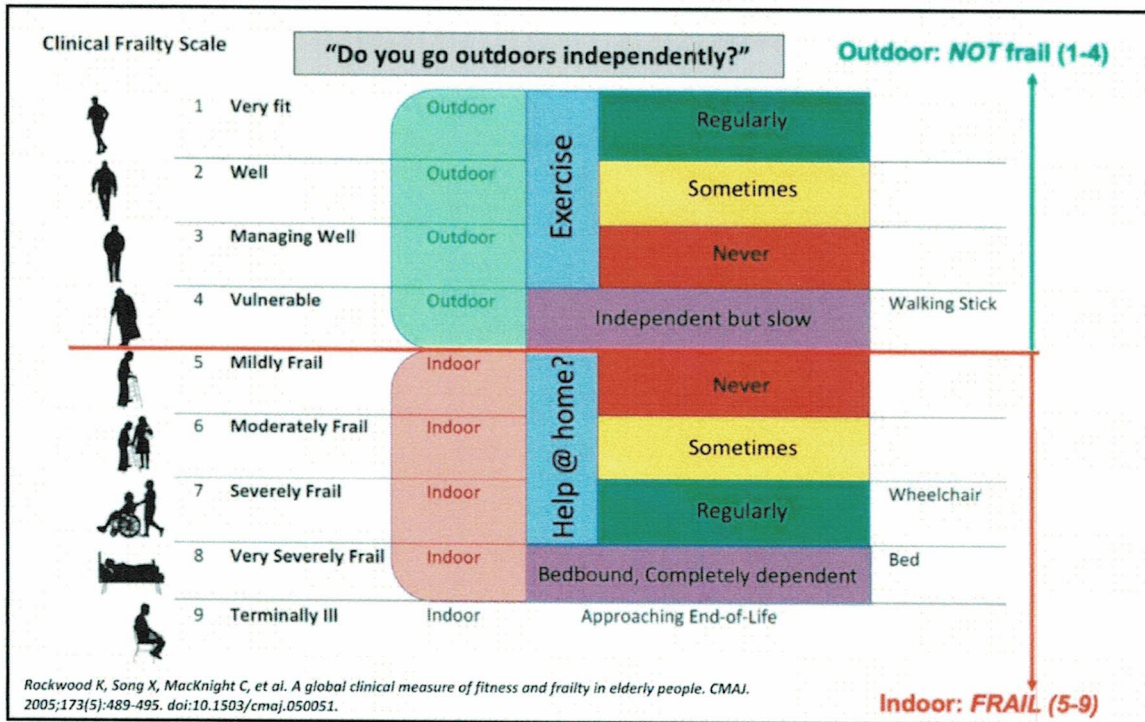


# Frailty Scale Scoring Aid



**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

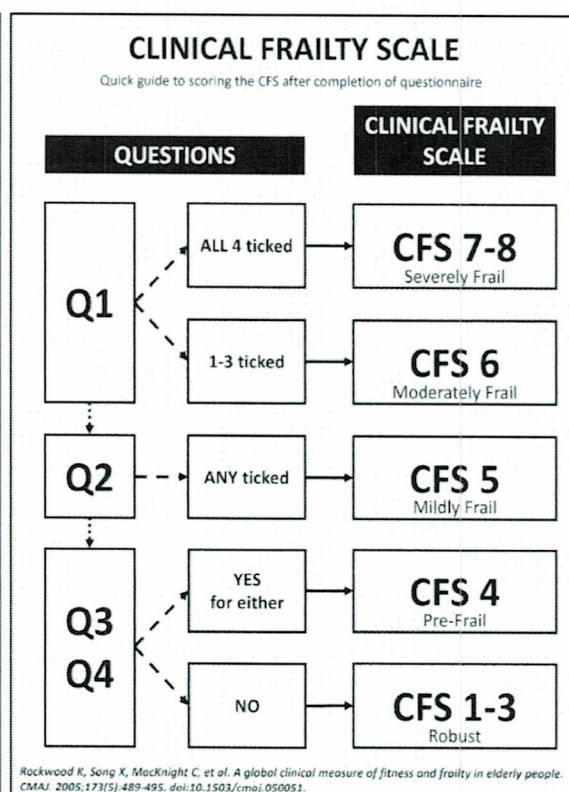
*\*Stop here if you have selected any of the options above.*

Q3. Did you feel constantly tired throughout the day?

Yes  
  No

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

Yes  
  No



Chong E, Tham A, Chew J, Lim WS, Tan HN, Ang H, Chan M. Brief Aids to Guide Clinical Frailty Scale Scoring at the Front Door of Acute Hospitals. *J Am Med Dir Assoc.* 2021 May;22(5):1116-1117.e2. doi: 10.1016/j.jamda.2021.02.005. Epub 2021 Mar 11. PMID: 33713604

# 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