

The FRAIL Scale

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Score

Fatigue

Are you feeling tired or fatigued?

All or most of the time

1

Some, a little, or none of the time

0

Resistance

Do you have difficulty walking a flight of stairs?

Yes

1

No

0

Ambulation

Do you have difficulty walking around the block?

Yes

1

No

0

Illnesses

Do you have 5 or more chronic conditions?
(hypertension, diabetes, cancer (not minor skin cancers), chronic lung disease, heart attack, congestive heart failure, angina, asthma, arthritis or kidney disease)

Yes

1

No

0

Loss of weight

Have you lost 5% or more of your body weight in the past year?

Yes

1

No

0

Scoring

Sum up total score

Score = 0

Robust

Score = 1-2

Pre-frail

Score = 3+

Frail

Referral options and resources
(see following page)

Frailty resources and referral options

Resources	Referral options	
General resources		
Central Coast HealthPathways Hunter New England HealthPathways	<p>A community-based restorative care program coordinated by aged care providers</p> <p>Myagedcare - 1800 200 422 or use the HealthLink referral “smart form” in your medical software to attach the 75+ health assessment and care plan (include FRAIL score)</p>	
Asia Pacific Guidelines for the management of frailty (2017)		
Chronic Kidney Disease Management in Primary Care		
Australian Immunisation Handbook		
When seniors say no		
Grief, loss and bereavement		
Central Coast HealthPathways Hunter New England HealthPathways	<p>Geriatrician</p>	
National Ageing Research Institute		
Aged Care Grief and Bereavement Support		
Exercise and muscle strength		
Fit For Frailty	<p>Exercise Physiologist</p> <p>Physiotherapist</p> <p>Occupational Therapist</p>	
Exercises at home:		<p>Dietician</p>
Exercises classes/programs:		
Stepping On		
Living Longer Living Stronger		
Progressive Resistance Training		
LiveUp		
parkrun Australia		
Nutrition and diet		
Assessment for undernutrition	<p>Consultant Pharmacist for Home Medication Review</p>	
Mini-Nutritional Assessment		
Healthy eating to stay strong and independent		
Australian Guide to Healthy Eating		
Eating Well - A Nutrition Resource for Older People and their Carers		
Increase protein intake		
Increase vitamin D intake		
Dietary resources for healthcare professionals		
Online training: Improving nutrition in aged care		
Patient protein handout		
Deprescribing		
Medication reviews for people living with frailty		
Deprescribing resources		
Guidelines for providing Home Medicines Review Services (PSA)		
Medication management (RACGP)		
Deprescribing guidelines and algorithms		
Cumulative Medicines Risk: Addressing the Hidden Risk of Cumulative Medicines Load to Reduce Harm		