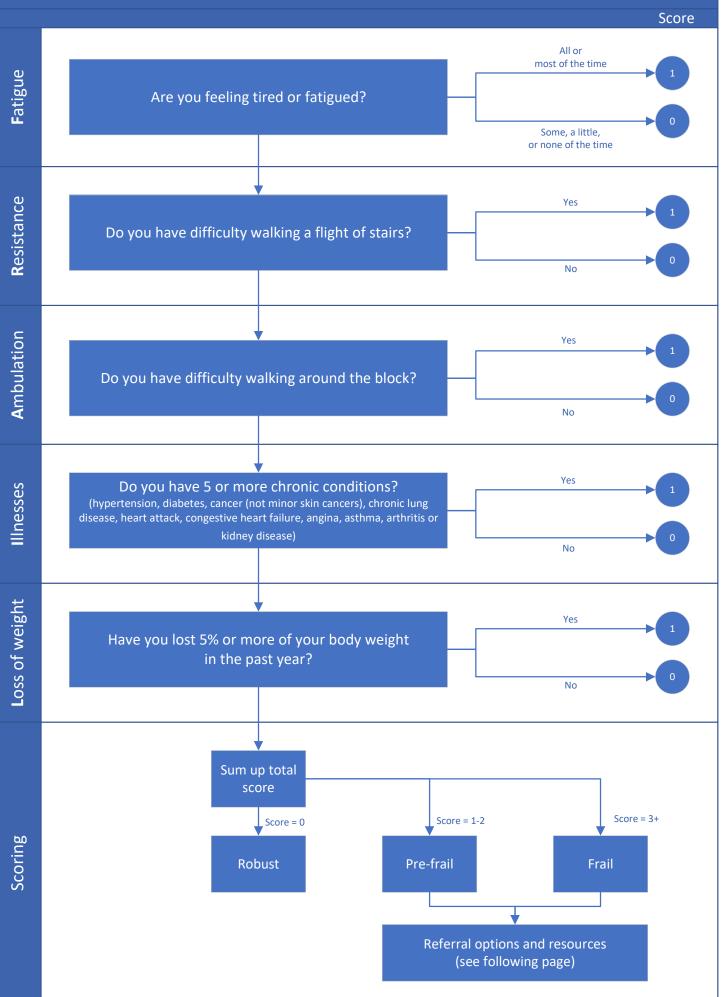# The FRAIL Scale

Developed by John E. Morley, M.B., B.Ch., Division of Geriatrics, Department of Internal Medicine, St. Louis, Missouri, USA

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**

Pre-frail and Frail → Referral options and resources (see following page)

Frailty resources and referral options

Resources

General resources

Central Coast HealthPathways	Hunter New England HealthPathways

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

National Ageing Research Institute

Aged Care Grief and Bereavement Support

Exercise and muscle strength

Fit For Frailty	Exercises classes/programs:
Exercises at home:	Stepping On
Sit to stand	Living Longer Living Stronger
Stepping up a step	Progressive Resistance Training
Side leg raises	LiveUp
Knee raises	parkrun Australia

Nutrition and diet

Assessment for undernutrition	Healthy eating to stay strong and independent
Mini-Nutritional Assessment	
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

Referral options

A community-based **restorative care program** coordinated by aged care providers

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)

Exercise Physiologist

Physiotherapist

Dietician

Occupational Therapist

Geriatrician

Consultant Pharmacist for Home Medication Review