

Clinical Frailty Scale



UPDATE

We have made some important enhancements to Clinical Frailty Scale that will ensure ease of referral to the right services for your patient based on their frailty score. The changes are as follows:




1. The Clinical Frailty Scale (**CFS**) is now a Smart Form in PS. That means that when you click on a score for your patient, you will see a prompt below that reads “**Step 2: Click here to view resources**”. These resources are tailored to your patient’s frailty score and reflect the most relevant recommended resources to help your patient.
2. In addition to resources for referrals, there are helpful handouts in each section as well.
3. The form is ready to use immediately!





Clinical Frailty Scale—UPDATE

Clinical Frailty Scale

Step 1: Click on patient's Clinical Frailty Score

CLINICAL FRAILTY SCALE

	<input checked="" type="checkbox"/>	1	VERY FIT	People who are robust, active, energetic and motivated. They tend to exercise regularly and are among the fittest for their age.
	<input type="checkbox"/>	2	FIT	People who have no active disease symptoms but are less fit than category 1. Often, they exercise or are very active occasionally , e.g., seasonally.
	<input type="checkbox"/>	3	MANAGING WELL	People whose medical problems are well controlled , even if occasionally symptomatic, but often are not regularly active beyond routine walking.
	<input type="checkbox"/>	4	LIVING WITH VERY MILD FRAILITY	Previously "vulnerable," this category marks early transition from complete independence. While not dependent on others for daily help, often symptoms limit activities . A common complaint is being "slowed up" and/or being tired during the day.
	<input type="checkbox"/>	5	LIVING WITH MILD FRAILITY	People who often have more evident slowing , and need help with high order instrumental activities of daily living (finances, transportation, heavy housework). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation, medications and begins to restrict light housework.

	<input type="checkbox"/>	6	LIVING WITH MODERATE FRAILITY	People who need help with all outside activities and with keeping house . Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing.
	<input type="checkbox"/>	7	LIVING WITH SEVERE FRAILITY	Completely dependent for personal care , from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~6 months).
	<input type="checkbox"/>	8	LIVING WITH VERY SEVERE FRAILITY	Completely dependent for personal care and approaching end of life. Typically, they could not recover even from a minor illness.
	<input type="checkbox"/>	9	TERMINALLY ILL	Approaching the end of life. This category applies to people with a life expectancy <6 months , who are not otherwise living with severe frailty . (Many terminally ill people can still exercise until very close to death.)

SCORING FRAILITY IN PEOPLE WITH DEMENTIA

The degree of frailty generally corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting. In **severe dementia**, they cannot do personal care without help. In **very severe dementia** they are often bedfast. Many are virtually mute.



Step 2: Click here to view Resources

and frailty in elderly people. CMAJ 2005;173:489-496.



This form was developed by the South Georgian Bay Ontario Health Team. The SGBOHT is supported by funding through the Government of Ontario. Please do not delete this line when replicating form (2021)



Resources for clinical frailty 1-3

Resources

[Brain Health Pro in a Nutshell Handout](#)

[Meds Check](#)

[COHT Physical Activity Handout](#)

Referrals

[Click for social prescribing and social isolation supports - eReferral to Community Connection/211](#)

Resources for clinical frailty 4-6

Resources

[Brain Health Pro in a Nutshell Handout](#)

[Home Support Services Handout](#)

Referrals

[Click to send referral to NSM SGS \(includes GOT or Seniors CARE Exercise Program\) *Frailty 5-7 most appropriate for referral](#)

[Click to send referral to Ontario Health at Home](#)

[Click to send a referral to Alzheimer Society of Simcoe \(new diagnosis/early stage/middle-late stage symptoms\)](#)

[Click to refer to Community Paramedicine Program \(for patients with CHF, COPD, or Diabetes\)](#)

Resources for clinical frailty 7-9

Resources

[Caregiver education/tools specific to caring for someone with dementia](#)

Referrals

[Click to send referral to Ontario Health at Home](#)

[Click to send a referral to Alzheimer Society of Simcoe \(new diagnosis/early stage/middle-late stage symptoms\)](#)

CLINICAL FRAILTY SCALE on CFHT Instance of Telus PS

