

### The CSHA Clinical Frailty Scale

- 1 **Very fit** – Robust, active, energetic, well motivated and fit; these people commonly exercise regularly and are in the most fit group for their age
- 2 **Well** – Without active disease, but less fit than people in category 1
- 3 **Well, with treated comorbid disease** – Disease symptoms are well controlled compared with those in category 4
- 4 **Apparently vulnerable** – Although not frankly dependent, these people commonly complain of being “slowed up” or have disease symptoms
- 5 **Mildly frail** – With limited dependence on others for instrumental activities of daily living
- 6 **Moderately frail** – Help is needed with both instrumental and non-instrumental activities of daily living
- 7 **Severely frail** – Completely dependent on others for the activities of daily living, or terminally ill

“A global clinical measure of fitness and frailty in elderly people” – Reprinted from, CMAJ 30-Aug-05; 173(5), Page(s) 489-495 by permission of the publisher. © 2005 Canadian Medical Association

### IADL

Activities required to live in the community

- Meal preparation
- Ordinary housework
- Managing finances
- Managing medications
- Phone use
- Shopping
- Transportation

### ADL

Non-instrumental activities of daily living; related to personal care

- Mobility in bed
- Transfers
- Locomotion inside and outside the home
- Dressing upper and lower body
- Eating
- Toilet use
- Personal hygiene
- Bathing