

Supplementary file: Groningen Frailty Indicator

Physical domain

Are you able to carry out these tasks single handedly and without any help? (The use of help resources, such as a walking stick, walking frame, or wheelchair, is considered to be independent.)

1. Shopping
2. Walking around outside (around the house or to the neighbors)
3. Dressing and undressing
4. Going to the toilet
5. What mark do you give yourself for physical fitness? (scale 0 to 10)
6. Do you experience problems in daily life because of poor vision?
7. Do you experience problems in daily life because of being hard of hearing?
8. Have you lost a lot of weight in the last 6 months? (3 kg in 1 month or 6 kg in 2 months)
9. Do you take 4 or more different types of medicine?

Cognitive domain

10. Do you have any complaints about your memory?

Social domain

11. Do you have ever experienced an emptiness around you?
12. Do you long for other people (to socialize with)?
13. Do you feel abandoned?

Psychological domain

14. In the past 4 weeks, did you feel downhearted or sad?
15. In the past 4 weeks, did you feel anxious or nervous?

Scoring:

Questions 1-4: → Yes = 0; no = 1

Question 5: → 0-6 = 1; 7-10 = 0

Questions 6-9: → No = 0; yes = 1

Question 10: → No = 0; sometimes = 0; yes = 1

Questions 11-15: → Yes = 1; sometimes = 1; no = 0

Reference: 16. Steverink N, Slaets J, Schuurmans H, Van Lis M. Measuring frailty: Development and testing of the groningen frailty indicator (GFI). Gerontologist. 2001;41(1):236.