

Supplementary files

Activity limitation	Hearing impairment	Polypharmacy
Anaemia and haematinic deficiency	Heart failure	Requirement for care
Arthritis	Heart valve disease	Respiratory disease
Atrial fibrillation	Housebound	Skin ulcer
Cerebrovascular disease	Hypertension	Sleep disturbance
Chronic kidney disease	Hypotension/syncope	Social vulnerability
Diabetes	Memory and cognitive problems	Thyroid disease
Dizziness	Mobility and transfer problems	Urinary incontinence
Dyspnoea	Osteoporosis	Urinary system disease
Falls	Parkinsonism and tremor	Visual impairment
Foot problems	Peptic ulcer	Weight loss and anorexia
Fragility fracture	Peripheral vascular disease	Ischaemic heart disease

Table 1. eFI list of 36 health deficits [11]

Clinical Frailty Scale*

 **1 Very Fit** – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.

 **2 Well** – 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.

 **3 Managing Well** – People whose **medical problems are well controlled**, but are **not regularly active** beyond routine walking.

 **4 Vulnerable** – 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.

 **5 Mildly Frail** – These people often have **more evident slowing**, and need help in **high order IADLs** (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.

 **6 Moderately Frail** – People 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.

 **7 Severely Frail** – **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).

 **8 Very Severely Frail** – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.

 **9. Terminally Ill** - Approaching the end of life. This category applies to people with a **life expectancy <6 months**, who are **not otherwise evidently frail**.

Scoring frailty in people with dementia

The degree of frailty 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.

* 1. Canadian Study on Health & Aging, Revised 2008.
2. K. Rockwood et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489-495.

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Figure 1. Clinical frailty scale (CFS) [12]