

# Clinical Frailty Scale (CFS)

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Contact information: \_\_\_\_\_

Date of assessment: \_\_\_\_\_

**Instructions:** Determine the person's baseline health state. From here, ask the patient or caregiver about four features: how the patient moved, functioned, thought, and felt about their health over the last two weeks. Scoring should match the description and should not be based solely on the pictures that accompany each level.



**1**

## Very fit

People who are robust, active, energetic and motivated. They tend to exercise regularly and are among the fittest for their age.



**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.



**3**

## Managing well

People whose medical problems are well controlled, even if occasionally symptomatic, but often are not regularly active beyond routine walking.



**4**

## Living with very mild frailty

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.



**5**

## Living with mild frailty

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.



**6**

## Living with moderate frailty

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.



**7**

## Living with severe frailty

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.



**8**

## Living with very severe frailty

Completely dependent for personal care and approaching 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 living with severe frailty. (Many terminally ill people can still exercise until very close to death.)

Clinical frailty scale score: \_\_\_\_\_

# 516praxis Scale Score

**R Sandford**

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