Frailty

Frailty can be either physical or psychological frailty, or a combination of the two, and can occur as a result of a range of diseases and medical conditions. Frailty prevalence depends on the model of frailty used but can range from between 4-60% in community members over the age of 65. Women were almost twice as likely as men to be frail. The prevalence of frailty is markedly increased in persons older than 80.¹

Guidance

- **Fit For Frailty**
  Published by the British Geriatric Society. Guidance for recognition and management of older patients with frailty in community and outpatient settings

- **Safe, Compassionate Care for Frail Older People Using an Integrated Care Pathway**
  Published by NHS England. Guidance for commissioners, providers and healthcare leaders

Patient Information

- **Age UK**
- **Frailty Focus**
- **Patient.Info**

Further Resources

- **Acute Frailty Network**
  Collaborative network for optimising acute care of frail older people in England

- **Aging and Health**
  WHO infographic

- **E-Learning for Healthcare**
  E-Learning module for Frailty. What it is, how to recognise it and how to manage it.

- **Comprehensive Care: Older People Living With Frailty in Hospitals**
  NIHR themed review

- **Frailty Focus**
  NHS information for healthcare professionals and patients.

- **I’m Still Me: A Narrative for Coordinated Support for Older People**
  A National Voices narrative on what matters to older people

- **Improving Later Life: Understanding the Oldest Old**
  Published by Age UK

- **The Silver Book**
  Practical advice for safe and effective emergency care of older people

Clinical Evidence Summaries

- Personal or [OpenAthens account required](#)
  - **DynaMed Plus**
  - **UpToDate**

Tools

- **Frailty Phenotype**
  Assessment of presence of frailty. 5 min.
- **Timed Up and Go Test (TUG)**
  Assessment of presence of frailty. 5 min.
- **Edmonton Frail Scale**
  Assessment of severity of frailty. 20 min.
- **Rockwood Clinical Frailty Scale**
  Evaluation of frailty. 5 min.
- **Gait Speed Test**
  Evaluation of frailty. 5 min.
- **PRISMA-7**
  Evaluation of frailty. 5 min.
  
  Click [here](#) for more tools