

# Stages of Frailty

## How does frailty progress?

If you have been identified as frail, your healthcare team will begin to work with you and your family to figure out how to best care for your health. While there is no cure for frailty, there are ways to help manage and treat symptoms. New or unexpected changes in health or injuries may change how frailty progresses. Changes in health may happen slowly or quickly.

## How are frailty levels decided?

Frailty is assessed through standardized measures that explore your ability to move, interact in different social situations, problem-solve, and think. Your level of frailty can be different in all of these areas. See the back of this sheet for more detail on frailty levels and what you, your loved ones, or your healthcare team may notice.

The role of your healthcare team is to help set goals that are important to you, no matter what your level of frailty is.

## Notes:

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

Frailty level	What you or others may notice about you
Thriving	<ul style="list-style-type: none"> <li>• Fit, exercising regularly</li> <li>• In charge of organizing social events</li> <li>• Still working at a job or actively involved with a skill-based hobby</li> <li>• Impresses others with memory and thinking</li> </ul>
Normal Aging	<ul style="list-style-type: none"> <li>• Active, exercises occasionally</li> <li>• Socializes weekly (accompanied by a caregiver as needed)</li> <li>• Completes daily tasks independently, but finds some things challenging</li> <li>• Worried about memory</li> </ul>
Vulnerable	<ul style="list-style-type: none"> <li>• Starting to slow down and often tired during the day</li> <li>• Socializes less than weekly or a caregiver may not be available to help</li> <li>• Not dependent on others, but symptoms often limit activities</li> <li>• Minor challenges with memory and thinking (not dementia)</li> </ul>
Mild	<ul style="list-style-type: none"> <li>• Walking slower and regularly uses (or should use) a cane or walker</li> <li>• Rarely socializes</li> <li>• Needs help with daily tasks and chores (like housework, banking, taking medications)</li> <li>• Vague or incorrect recall of current events</li> </ul>
Moderate	<ul style="list-style-type: none"> <li>• Needs help of another person when using stairs, walking on uneven ground, or getting in and out of the bath, or has fallen more than once in the past 6 months</li> </ul>
Severe	<ul style="list-style-type: none"> <li>• Always needs someone's help when walking or unable to move self in manual wheelchair</li> <li>• Housebound and isolated</li> <li>• Caregivers may be extremely stressed or there are no available caregivers to meet your care needs</li> <li>• Needs help with bathing, using bathroom, and dressing</li> <li>• Severe stage dementia; unable to name loved ones</li> </ul>
Very Severe	<ul style="list-style-type: none"> <li>• Unable to leave one's bed, with or without help</li> <li>• Unable to take part in any social exchanges, even when visited</li> <li>• Dependent on others for all aspects of daily life</li> <li>• Very severe dementia, with limited language skills and few spoken words</li> </ul>