

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: _____

Scoring and interpretation

The Clinical Frailty Scale reflects individual variations within each level. It is designed so that higher scores indicate a greater risk of frailty.

Approximately 80% or more of individuals will align with the description for a specific level. If a person fits two categories equally in routine care, it is advisable to score them at the higher, more dependent level.

Scoring frailty in people with dementia:

The Clinical Frailty Scale reflects individual variations within each level. It is designed so that higher scores indicate a greater risk of frailty.

Approximately 80% or more of individuals will align with the description for a specific level. If a person fits two categories equally in routine care, it is advisable to score them at the higher, more dependent level.

- **Mild dementia:** This corresponds to mild frailty. Individuals remain independent in basic activities of daily living (ADLs) but depend on assistance for one or more instrumental ADLs. Common symptoms include the ability to recall recent events but with difficulty remembering details, frequently repeating questions, and struggling to use routines or cues to locate misplaced items.
- **Moderate dementia:** Here, recent memory is significantly impaired, despite the ability to recall past life events. Similar to moderate frailty, individuals can manage personal care without prompting or setup.
- **Severe dementia:** This level is associated with severe frailty, where individuals experience increasing challenges in completing personal ADLs and require more hands-on assistance.

References

Mendiratta, P., & Latif, R. (2023, April 23). *Clinical Frailty Scale*. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK559009/>

Rockwood, K., & Theou, O. (2020). Using the Clinical Frailty Scale in allocating scarce health care resources. *Canadian Geriatrics Journal*, 23(3), 254–259. <https://doi.org/10.5770/cgj.23.463>