

The Simple "FRAIL" Questionnaire Screening Tool

Fatigue: Are you fatigued?

Resistance: Cannot walk up one flight of stairs?

Aerobic: Cannot walk one block?

Illnesses: Do you have more than 5 illnesses?

Loss of weight: Have you lost more than 5% of your weight in the last 6 months?

Scoring: 3 or greater = frailty; 1 or 2 = pre-frail

Talk to your health care professional for more information.

Total FRAIL Score: _____

Morley JE, Vellas B, Abellan van Kan G, et al. J Am Med Dir Assoc 2013;14:392-397.