

The CSHA Clinical Frailty Scale



1 Very Fit — robust, active, energetic, well motivated and fit; these people commonly exercise regularly and are in the most fit group for their age



2 Well — without active disease, but less fit than people in category 1



3 Well, with treated comorbid disease — disease symptoms are well controlled compared with those in category 4



4 Apparently vulnerable — although not frankly dependent, these people commonly complain of being “slowed up” or have disease symptoms



5 Mildly frail — with limited dependence upon others for instrumental activities of daily living



6 Moderately frail — help is needed with both instrumental and non-instrumental activities of daily living



7 Severely frail — completely dependent on others for the activities of daily living



8 Terminally ill

Reference: 1. Canadian Study on Health and Aging

2. K. Rockwood et al., A global clinical measure of fitness and frailty in elderly people. CMAJ 2005; 173:489-495.