

# FRAILITY INDEX

Una definizione alternativa di fragilità è stata proposta da Rockwood e Coll. (2007) come Frailty Index (FI), costruito contando il numero di deficit accumulati nel tempo, all'interno di una lista molto ampia (v.III). Questa definizione è basata sull'idea che la fragilità sia uno stato di disorganizzazione caotica dei sistemi fisiologici che può essere stimata valutando lo stato funzionale, le malattie, i deficit fisici e cognitivi, i fattori di rischio psicosociali e le sindromi geriatriche nell'ottica di costruire un quadro il più possibile completo della situazione di rischio di eventi avversi.

## Clinical Frailty Scale



**1 Very Fit** – People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.



**7 Severely Frail** – Completely dependent for personal care, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~ 6 months).



**2 Well** – 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.



**8 Very Severely Frail** – Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.



**3 Managing Well** – People whose medical problems are well controlled, but are not regularly active beyond routine walking.



**9 Terminally Ill** – Approaching the end of life. This category applies to people with a life expectancy <6 months, who are not otherwise evidently frail.



**4 Vulnerable** – 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 Mildly Frail** – These people often have more evident slowing, and need help in high order IADLs (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.



**6 Moderately Frail** – People 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.

## Scoring frailty in people with dementia

The degree of frailty corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.

In **severe dementia**, they cannot do personal care without help.