



A Guide for Patients and Families

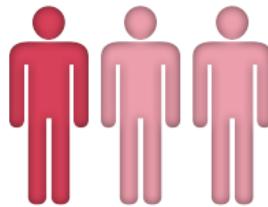
# **Frailty - Overview and Consequences**



# What is Frailty?



Frailty is being in a state of reduced function and health in older individuals.



**1 in 3 people  
aged 65 and above  
is at risk of frailty**

Risk of frailty increases if one has  $\geq 1$  of these symptoms:

- ◆ Unintentional weight loss
- ◆ Reduced strength
- ◆ Reduced walking speed
- ◆ Inactivity
- ◆ Fatigue and weakness

# Frailty is associated with:



Increased  
risk of falls



Increased  
hospitalisation  
rate



Assistance for  
activities of  
daily living



Immobility

**But... Frailty is reversible  
with EXERCISE**



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