

A Guide for Patients and Families

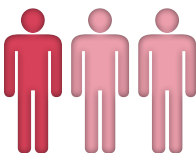
Frailty - Overview and Consequences



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 ≥ 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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