

# What is Frailty?

**Frailty** is a word used in healthcare that is often **misunderstood**.

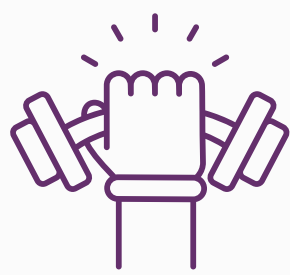
Frailty means your **recovery** from illness or injury can **take longer or be more difficult**.

It is more common as we age, but younger people can also live with frailty.

## People living with frailty might notice...



Feeling slower



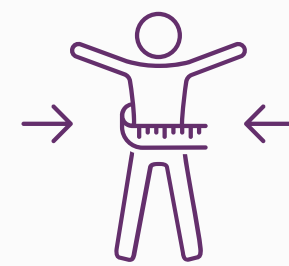
Weakness and muscle loss



Feeling tired



Needing more help with daily tasks like getting dressed



Weight loss without trying



Taking a long time to recover from illness

If you have some of the symptoms above, talk to your doctor. You may be screened for frailty using a score called the **Clinical Frailty Scale**[1]. Being given a frailty score may come as a shock. However, knowing about frailty can help you prevent and manage it.

**The Clinical Frailty Scale can give you a frailty score. Some examples from the scale are shown below.**



## What can I do?

Ask for support to:

- Be active
- Exercise regularly
- Eat a balanced diet
- Stop smoking
- Reduce alcohol intake
- Maintain a healthy weight

These steps all help prevent frailty and improve life if you live with frailty.

**Ask your doctor or healthcare team if you're worried about frailty**

## What can my doctor do?

If you have frailty, you will usually be supported by a team led by a GP or a specialist doctor for older people (geriatrician).

They will be able to:

- Offer **support, advice** and **treatment**
- Answer your **questions**

### Reference

1. [bgs.org.uk/sites/default/files/content/attachment/2018-07-05/rockwood\\_cfs.pdf](https://bgs.org.uk/sites/default/files/content/attachment/2018-07-05/rockwood_cfs.pdf)

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