

FRAILTY QUESTIONNAIRE

Name: _____

Postcode: _____

Q1. What do you think the word 'frailty' means to you?

Q2. Would you consider yourself frail?

Yes

No

Unsure

Q3. If you are frail or should become frail what support do you think you would need?

Q4. Age UK Hounslow are shortly to embark on a Falls Prevention Programme but what other activities would you like to assist with frailty and frailty development and support?

Q5. At what stage should we support a person who is considered frail?

FRAILTY

Frailty is potentially reversible with early screening and intervention

What categorizes 'Frailty' being

Infirm – Feeble – Delicate – Weak – Weakened – Debilitated – Slender – Incapacitated – Wasted – Poorly – Puny – Ailing – Sickly – ill – Unwell – Decrepit – Doddering – Tottering – Slowness – Shaky – Weedy

Symptoms and Signs

Dizziness – Falls – Memory & Cognitive problems – Urinary Incontinence – Dyspnoea – Polypharmacy – Weight Loss & Anorexia – Sleep Disturbance

Disabilities

Visual Impairment – Hearing Impairment – Housebound – Social Vulnerability – Mobility and Transfer Problems – Activity Limitation – Social Vulnerability – Requirement for Care

Disease States

Hypertension – Arthritis – Chronic Kidney Disease – Ischaemic Heart Disease – Diabetes – Thyroid Disease – Respiratory System Disease