FRAILTY MANAGEMENT/ DECISION TOOL

	Assessment Score	Intervention	Referral/Follow up
	FRAIL scale 0 = robust	• Encourage ongoing activity levels • Provide Staying Active and on your feet and Eating Well resource	• Re-do FRAIL scale in 12 months • Community exercise with balance/resistance component. Try NSLHD Stepping On and Healthy Lifestyle classes. • Example of exercises in Staying Active and On Your Feet booklet and NSW exercise venues: ww.activeandhealthy.nsw.gov.au
	FRAIL scale 1-2 = Pre-frail **FRAIL scale >3 = Frail**	**If Frailty Score is positive, address underlying causes as suggested below**	
F	**Feeling fatigued most or all of the time**	• Consider screening for reversible causes of fatigue (sleep apnoea, depression, anaemia, hypotension, hypothyroidism, B12 deficiency) • Use EPWORTH scale, K10 or Geriatric Depression scale in Health Assessment	• Consider referral to Geriatrician /Specialist for complex care patients • Consider referral to Occupational Therapy for functional and home review • Consider referral Psychologist using Mental Health Care Plan • Consider referral to Aged Care organisation for loneliness support (isolation can be a cause of fatigue!)
R	**Resistance against gravity - Difficulty walking up 10 steps without resting**	• Consider referring to an individualised progressive exercise program with resistance and strength component	• Physiotherapy or Exercise Physiologist for exercise prescription • If has diabetes-> group session Medicare funded ex. physiologist • Healthy Lifestyle for group exercise prescription and/or Stepping On • Get Healthy for free telephone-based health coaching • NSHNS Safe and Steady program
A	**Ambulation- Difficulty walking 300 metres unaided**	• Consider referring to an Individualised progressive exercise program with resistance and strength component	• Physiotherapy or Exercise Physiologist for exercise prescription • Healthy Lifestyle for group exercise prescription and/or Stepping On • Get Healthy for free telephone-based health coaching • Exercise options https://www.activeandhealthy.nsw.gov.au
I	**Having 5 or more Illnesses**	• Review indication, side effects and use of medication (evidence for use of some medicines changes after 75!) • Consider discussing with pharmacist • Consider reducing/de-prescribing superfluous medication	• Pharmacist for comprehensive medication review, (HMR item 900) • Occupational Therapy for functional and home safety review • Self-management support from aged care org volunteer
L	**Loss of > 5% weight in 12 months**	• Consider screening for reversible causes of weight loss and consider • Protein and caloric supplementation/food fortification (75mg protein per day required- range of products available at pharmacy) • Advice and encourage healthy eating; provide “Eating Well” resource	• Weigh and assess BMI – record in patient record • Dietician for diet review and management • Add Sustagen • Meal Delivery Services • Speech pathologist for swallowing review • Dentist for dental review (pain/infection/ill fitting dentures) • Occupational Therapy for functional and home cooking ability review