

The Rockwood Clinical Frailty Scale



1 Very Fit - People who are robust, active, energetic and motivated. These people commonly exercise regularly. They are among the fittest for their age.



2 Well - People who have **no active disease symptoms** but are less fit than category 1. Often they exercise or are very **active occasionally**, e.g. seasonally.



3 Managing Well - People whose **medical problems are well controlled**, but are **not regularly active** beyond routine walking.



4 Vulnerable - While **not dependent** on others for daily help, often **symptoms limit activities**. A common complaint is being "slowed up", and/or being tired during the day.



5 Mildly Frail - These people often have **more evident slowing**, and need help in **high order IADLs** (finances, transportation, heavy housework, medications). Typically mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.



6 Moderately Frail - People need help with **all outside activities** and with **keeping house**. Inside, they often have problems with stairs and need **help with bathing** and might need minimal assistance (cuing, standby) with dressing.



7 Severely Frail - Completely **dependent for personal care** from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within - 6 months).



8 Very Severely Frail - Completely dependent, approaching the end of life. Typically, they could not recover even from a minor illness.

9 Terminally Ill - Approaching the end of life. This category applies to people with a **life expectancy < 6 months**, who are **not otherwise evidently frail**.



If your patient scores
between **4** and **9**
Please contact the
Acute Frailty Team on
07717300740
7 day service 8am - 8pm
(last referral at 7:15pm)



Remember to use the individuals complete picture, not the acute phase when assessing Rockwood.

Scoring frailty in people with dementia.

The degree of frailty corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.

In **severe dementia**, they cannot do personal care without help.