

# Frailty

## Information for patients and carers

This sheet answers common questions about frailty. If you would like further information or have any worries, please do not hesitate to ask your nurse or doctor.

### Understanding frailty

Frailty affects around 10 per cent of people over the age of 65; however, it is not an inevitable part of aging and not all older people are frail. Many older people continue to live independently while others may lose their physical and mental abilities, making them more prone to illness and injury.

Frailty can make it harder to recover from seemingly minor events, such as an infection. It can also lead to changes in your physical and mental wellbeing, a loss of independence and increased hospital admissions.

Frailty can range from mild to severe. Some of the indicators of frailty are:

- Unintentional weight loss
- Fatigue without reason
- Muscle loss or weakness
- Slowing ability to stand and walk
- A decline in activity
- A decline in memory

### Preventing and managing frailty

We can work together to prevent and manage some of the challenges experienced in frailty. We will review aspects of your health and wellbeing, address your concerns and consider interventions that can improve and support your engagement in activities that matter to you.

If you are in hospital, you may be seen by medical doctors, advanced clinical practitioners, nurse specialists, occupational therapists, physiotherapists, or social workers. They will discuss referrals to community nursing, therapy, or voluntary services with you to ensure you continue to receive this support once you are home.

The sheet below will be filled out by your healthcare team for you to take home.

**Name:**

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**Ward:**

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**Medical Consultant:**

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Who you have seen:

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Who will see you once home:

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**Any follow up appointments:**

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**Useful contacts:**

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## More information

Public Health England “Keeping Your Independence” (pdf format):

[www.nhs.uk/NHSEngland/keogh-review/Documents/Frailty.pdf](http://www.nhs.uk/NHSEngland/keogh-review/Documents/Frailty.pdf)

## AgeUK

[www.ageuk.org.uk/](http://www.ageuk.org.uk/)

## British Red Cross

[www.redcross.org.uk/get-help/get-support-at-home](http://www.redcross.org.uk/get-help/get-support-at-home)

## The rockwood clinical frailty scale

[www.nice.org.uk/guidance/ng159/resources/clinical-frailty-scale-pdf-8712262765](http://www.nice.org.uk/guidance/ng159/resources/clinical-frailty-scale-pdf-8712262765)

## Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email:

[rf-tr.communications@nhs.net](mailto:rf-tr.communications@nhs.net)

## Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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