

# 5 facts about frailty



## 1

### Frailty is common but not inevitable

It is important to understand that:

- frailty is not a normal part of ageing
- people who live with frailty are capable of reversing the effects.

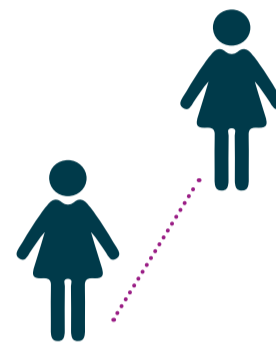


## 2

### Frailty screening and assessment is important in older people

Physios are well-placed to manage frailty screening which includes:

- quick screens (eg, gait speed, four and 10 metre tests, Timed Up and Go and grip strength)
- referrals for multidisciplinary geriatric assessments including assessment of physical, functional, mobility and balance, psychological, environmental, social and medication domains.



## 3

### People with frailty are at risk of falls and fractures related to falls

Falls prevention management strategies include:

- an ongoing multicomponent exercise program
- adjunct interventions (eg, home environment modification and referral to multidisciplinary specialties)
- weight-bearing and resistance exercises
- lifestyle changes
- pharmacological management.



## 4

### Physios are important in preventing frailty and promoting healthy ageing across the lifespan

Physios are in the perfect position to:

- identify those at risk of frailty
- assist to prevent onset
- reduce severity of established frailty
- promote healthy ageing at all stages of life.

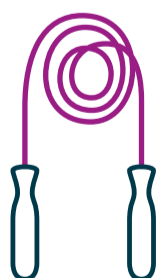


## 5

### Physical activity is safe and effective in prevention and treatment of frailty

Exercise in frail older people can improve:

- cardiorespiratory function
- muscle function
- flexibility
- functional ability.



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