



## Practice Aid

# The CSHA Clinical Frailty Scale (The Rockwood Scale)

1	Very fit	Robust, active, energetic, well motivated and fit; these people commonly exercise regularly and are in the most fit group for their age
2	Well	Without active disease, but less fit than people in category 1
3	Well, with treated comorbid disease	Disease symptoms are well controlled compared with those in category 4
4	Apparently vulnerable	Although not frankly dependent, these people commonly complain of being “slowed up” or have disease symptoms
5	Mildly frail	With limited dependence on others for instrumental ADL
6	Moderately frail	Help is needed with both instrumental and non-instrumental ADL
7	Severely frail	Completely dependent on others for the ADL, or terminally ill

Degree of frailty may usually correspond to level of dementia, if present

ADL: activities of daily living; CSHA: Canadian Study of Health and Aging.  
Adapted from Rockwood K et al. *CMAJ*. 2005;173:489-495.

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