Frailty

What is frailty?
Frailty is a life stage. It begins when the health issues a person experiences over their lifetime start to have an effect on their overall health, independence, and ability to do everyday activities.
Frailty is not the same as age. Anyone can be frail. It is more common in people whom:
- Are less active
- Are older
- Lose weight unexpectedly
- Often visit the Emergency Department
- Need help with tasks like shopping and cleaning
- Use multiple medication
- Have problems with memory or thinking

Why know about frailty?
Knowing about frailty can help you to:
- Live as well as possible
- Make informed decisions about your health care
- Avoid unhelpful treatments
- Spend less time in waiting rooms and more time in your community

How is frailty supported?
Research shows that when people are frail, sometimes the usual things we do when providing care can make health worse instead of better. We may need to approach care differently.

Questions? Concerns?
Ask your health care providers about frailty.