

Clinical Frailty Scale



1. Very Fit

People who are robust, active, energetic and motivated. They commonly exercise regularly and are among the fittest for their age.



2. Well

People who have no active disease symptoms but are less fit than category 1. Typically, they exercise or are very active occasionally, such as 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

People often have more evident slowing and need help with high-order IADLs. Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.



6. Moderately frail

People need help with all outside activities, housework and cooking. They often need help with stairs and bathing, and might need minimal assistance with dressing.



7. Severely frail

People completely dependent for personal care. However, they seem stable and not at high risk of dying (within 6 months)



8. Very severely frail

People completely dependent and approaching the end of life. Typically, they could not recover even from a minor illness.



9. Terminally ill

People approaching the end of life. This category applies to people with a life expectancy of <6 months, who are not otherwise evidently frail.

REACT is most suitable for people at a 3 or 4 on the scale

IADL = instrumental activity of daily living (such as finances, transport, heavy housework or medications)