

# APRIL FALLS DAY<sup>®</sup>

## Frailty – Do You Know the Signs?

**You don't have to be older to be FRAIL**

### Frailty – Do you know the Signs?

- Unintentional weight loss
- Slower walking speed
- Weakness (grip strength)
- Lower physical activity levels
- Exhaustion

**People don't have to be >65yrs to be frail.**

Those who have chronic mental health, drug and alcohol issues, chronic medical or psychological conditions are at risk of frailty and falls. Being pre-frail or frail can happen at a younger age in the above populations, and should be recognised and treated.

### What can be done?

- Encourage physical activity with emphasis on strength & balance
- Review diet and improve nutrition
- Review psychological status/social factors
- Ongoing management of chronic medical conditions
- Review and manage polypharmacy
- Identify and manage falls risks