



## FRAILTY

# Self Assessment

These questions are designed for you to reflect and identify possible indicators of prefrailty/frailty. Answering these questions can help prompt conversations with your primary care provider or other health services about problems that may be concerning you. You can take this checklist with you to your next appointment as a reminder of what you would like to discuss.

### Tick all that apply:

- I am regularly very tired

---

- I cannot walk up one flight of stairs

---

- I cannot walk short distances (200 metres)

---

- I have more than 3 illnesses/diagnoses

---

- I have noticed weight loss in the last 6 months

---

- I have concerns or problems with my mouth/teeth

---

- I need support to understand my health conditions and/or medications

---

- I have had a fall in the last 6 months

---

- I feel I need more support at home (e.g. cooking, showering, cleaning)

---

- I feel lonely or isolated

---

- I have concerns about my memory

---

- I often feel low in mood

---

- I have concerns about toileting/incontinence

---


