



## Why is the Pictorial Fit-Frail Scale (PFFS) helpful for caregivers?

Upon completion, the PFFS can be used as a tool to support communication with the senior you are providing care for about frailty and areas where they may require or appreciate support.

The completed scale can also be a useful tool when speaking with a health care professional about the senior's needs, changes you are noticing, and the role you have in the senior's life.

The Pictorial Fit-Frail Scale®



PICTORIAL  
FIT-FRAIL  
SCALE

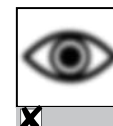
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

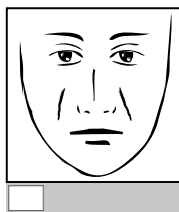
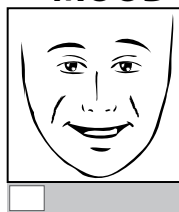
**Instructions:** This scale is intended to assess your USUAL state in different categories using pictures ordered from best to worst.

For each category, choose ONE picture that is closest to your USUAL state. Mark ☒ below that picture. There is no right or wrong answer.

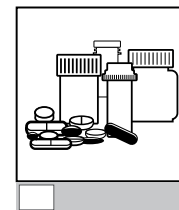
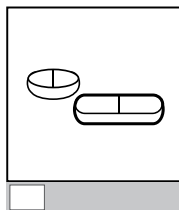
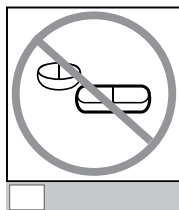
**Example:** If your USUAL vision is closest to the second picture mark ☒ as shown.



### 1 MOOD



### 2 NUMBER OF MEDICATIONS





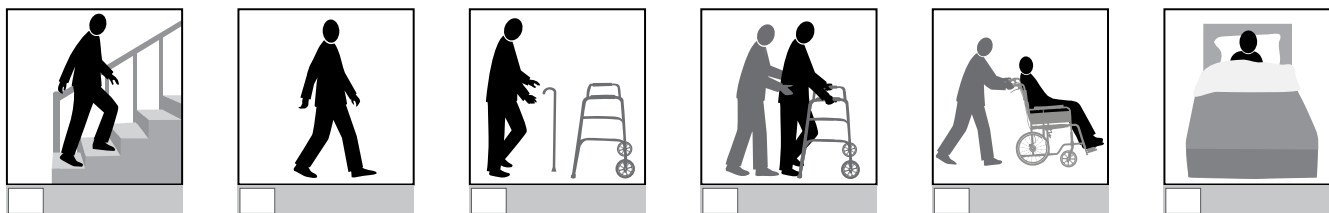
## The Pictorial Fit-Frail Scale®



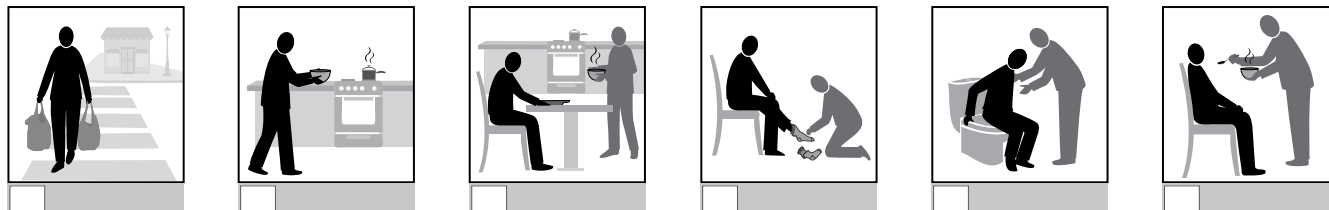
For each category, mark **ONE BOX** that is the closest to your **USUAL STATE**.



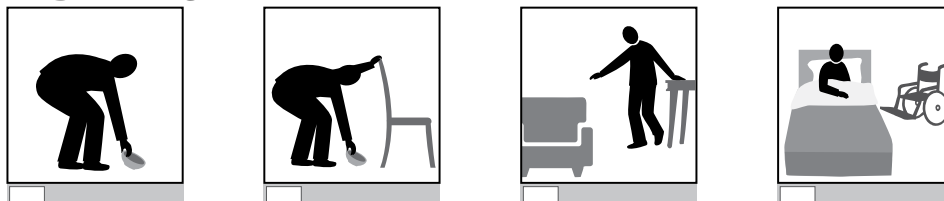
### 3 MOBILITY



### 4 FUNCTION



### 5 BALANCE





## The Pictorial Fit-Frail Scale®



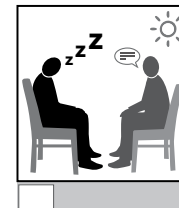
For each category, mark **ONE BOX** that is the closest to your **USUAL STATE**.



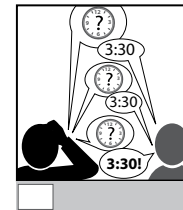
### 6 SOCIAL CONNECTIONS



### 7 DAYTIME TIREDNESS



### 8 MEMORY AND THINKING





## The Pictorial Fit-Frail Scale®

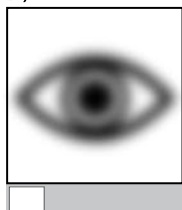
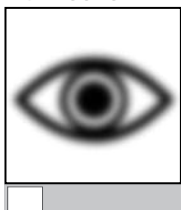
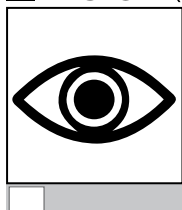


PFFS

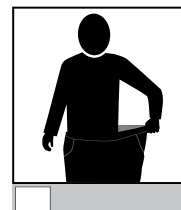
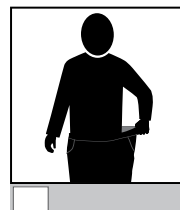
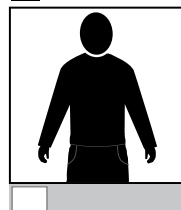
For each category, mark **ONE BOX** that is the closest to your **USUAL STATE**.



### 9 VISION (WITH GLASSES IF NEEDED)



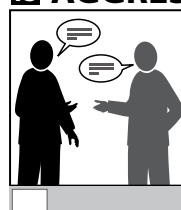
### 12 UNINTENTIONAL WEIGHT-LOSS



### 10 HEARING (WITH HEARING AID IF NEEDED)



### 13 AGGRESSION



### 11 PAIN



### 14 BLADDER CONTROL

