Frailty spectrum

Positive indicators for resources

Robustness
Fitness

Decline in Resources

Increase of risks / vulnerability
Pre-Frail

Full blown Frailty

Clinical complications

Disability

Death

Fatigability i.e. E-ADL

External support i.e. I-ADL

Need of nursing care i.e. B-ADL

Functional Ability (FA) Index developed in LUCAS

Based on the theoretical models of
Bergman H et al., Gérontologie et société 2004; 109:15-29

1: E-ADL: External activities of daily living
2: I-ADL: Instrumental activities of daily living
3: B-ADL: Basic activities of daily living