These people often have more evident slowing, and need help in high order IADLs (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.

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

People who have no active disease symptoms but are less fit than those in category 1. Often, they exercise or are very active occasionally, e.g. seasonally.

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.

These people often have more evident slowing, and need help in high order IADLs (finances, transportation, heavy housework, medications). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework.

People need help with all outside activities and with keeping house. Inside, they often have problems with stairs and need help with bathing and might need minimal assistance (cuing, standby) with dressing.

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

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

Common symptoms in mild dementia include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In moderate dementia, recent memory is very impaired, even though they seemingly can remember their past life events well.

In severe dementia, they cannot do personal care without help.