

Frailty level	What you or others may notice about you
Thriving	<ul style="list-style-type: none"> • Fit, exercising regularly • In charge of organizing social events • Still working at a job or actively involved with a skill-based hobby • Impresses others with memory and thinking
Normal Aging	<ul style="list-style-type: none"> • Active, exercises occasionally • Socializes weekly (accompanied by a caregiver as needed) • Completes daily tasks independently, but finds some things challenging • Worried about memory
Vulnerable	<ul style="list-style-type: none"> • Starting to slow down and often tired during the day • Socializes less than weekly or a caregiver may not be available to help • Not dependent on others, but symptoms often limit activities • Minor challenges with memory and thinking (not dementia)
Mild	<ul style="list-style-type: none"> • Walking slower and regularly uses (or should use) a cane or walker • Rarely socializes • Needs help with daily tasks and chores (like housework, banking, taking medications) • Vague or incorrect recall of current events
Moderate	<ul style="list-style-type: none"> • Needs help of another person when using stairs, walking on uneven ground, or getting in and out of the bath, or has fallen more than once in the past 6 months
Severe	<ul style="list-style-type: none"> • Always needs someone's help when walking or unable to move self in manual wheelchair • Housebound and isolated • Caregivers may be extremely stressed or there are no available caregivers to meet your care needs • Needs help with bathing, using bathroom, and dressing • Severe stage dementia; unable to name loved ones
Very Severe	<ul style="list-style-type: none"> • Unable to leave one's bed, with or without help • Unable to take part in any social exchanges, even when visited • Dependent on others for all aspects of daily life • Very severe dementia, with limited language skills and few spoken words