FRAILTY TIPS

nova scotia health
Frailty and Elder Care Network

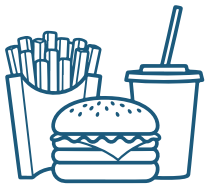
What is frailty?

Frailty is a state in older adults that makes it harder to bounce back and recover after getting sick. Many older adults live with frailty, and it can affect their health. Frailty can come from having one serious illness or several health problems. The good news is that as we age, frailty can be prevented, slowed or improved.

Frailty can be caused by:



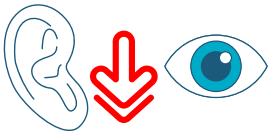
Not exercising enough



Poor nutrition



Taking many medications



Vision or hearing loss that is not treated



Not spending time with others

Frailty can lead to:

- Falls
- More health problems
- Dementia
- Sudden confusion (delirium)
- Needing more help to live on your own
- Going to the hospital more often and having more health problems from the hospital stay
- Higher chance of dying sooner

You can lower your chance of frailty or reduce your frailty level if you:

- **Move more** – Go for walks and stay active every day
- **Stay connected** – Spend time with family and friends
- **Eat and drink well** – Have healthy meals and enough fluids
- **Stop smoking** – Talk to your healthcare provider
- **Care for your vision and hearing** – Get them checked and treated
- **Get your vaccines** – Help protect against illness
- **Check your medications** – Talk to your healthcare provider
- **Sleep well** – Try to keep a regular sleep routine

More Info: www.nshealth.ca/frailty

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