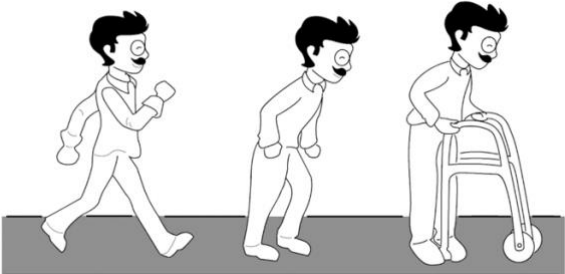



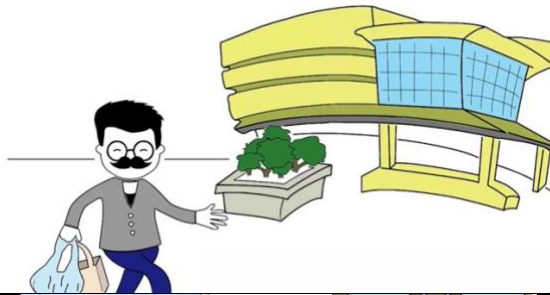
| Video capture | Voice over script |
|---|--|
| <div data-bbox="682 256 856 310" data-label="Image"> </div> <p data-bbox="283 337 829 488">MINIMIZE FRAILTY TO REMAIN INDEPENDENT AND HEALTHY AS YOU AGE</p> | <p data-bbox="955 272 1787 342">This is a short guide video on frailty and how to use the Pictorial Fit-Frail scale.</p> <p data-bbox="955 391 1787 461">Minimizing frailty will help you remain independent and healthy as you age.</p> |
|  | <p data-bbox="955 516 1476 548">Do you feel like you are walking slower?</p> |
|  | <p data-bbox="955 824 1434 857">Have you lost weight without trying?</p> |



Do you often feel tired and go out less?

THESE MAY BE SIGNS OF **FRAILTY**

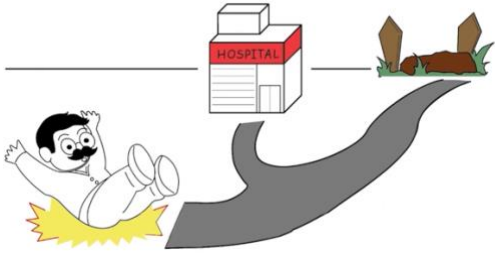


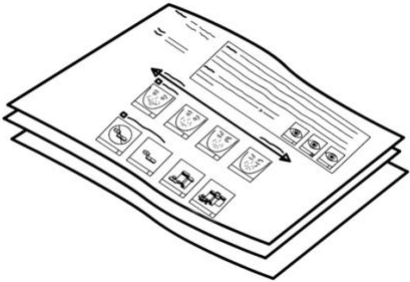
These may be signs of frailty.

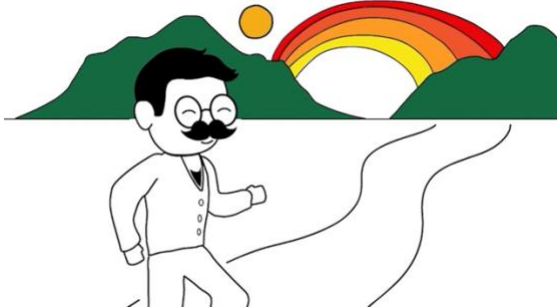






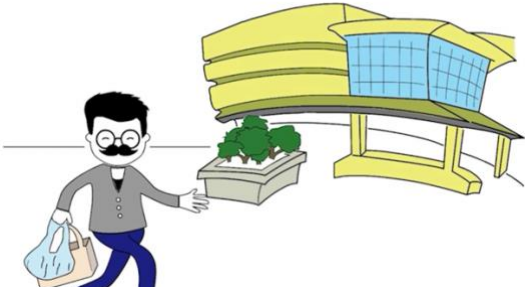


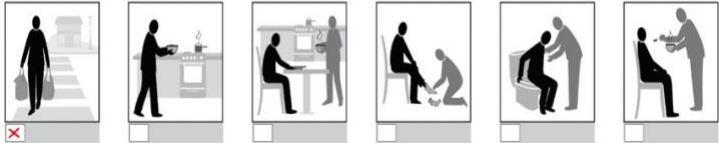

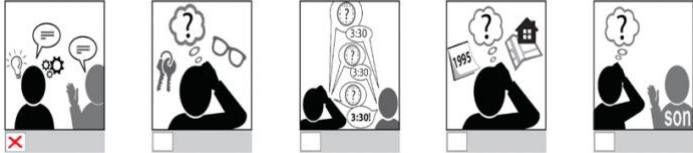
People living with frailty are less likely to be able to do their usual activities both outdoors...

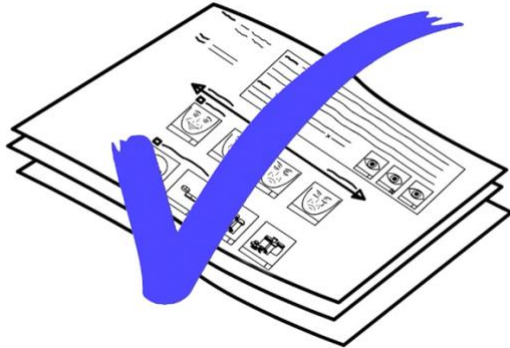


...and indoors.

| | |
|--|--|
|  | <p>A person experiencing severe frailty is more likely to fall, be hospitalized, or lose their life.</p> |
|  | <p>Worsening of frailty can be prevented if frailty is assessed and managed early.</p> |
|  <p>PICTORIAL FIT-FAIL SCALE</p> | <p>The Pictorial Fit-Frail scale is a visual scale that can be used to assess frailty.</p> |
|  | <p>This is a short guide on how to use the Pictorial Fit-Frail Scale.</p> |

| | |
|--|---|
|  | <p>This scale is used to assess your usual condition in 14 different categories...</p> <p>...and usually takes about 4 minutes to complete.</p> |
| <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>BEST</p>  </div> <div style="text-align: center;"> <p>WORST</p>  </div> </div> | <p>The pictures are arranged in order of best state on the left, to the worst state on the right.</p> <p>For each category, choose only one picture that is closest to your usual state, and mark an 'X' below that picture.</p> <p>Here are three examples.</p> |
| <p style="text-align: center;">MOOD</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div> | <p>The first example is mood. How do you feel most days? Are you happy as in the first picture, neutral as in the second picture, sad as depicted by the third picture, or extremely unhappy or very low mood as depicted by the fourth picture? For example, if your mood is typically very low, mark 'X' in the box below the fourth picture.</p> |
|  | <p>The next example is function. This category captures your ability to complete daily activities.</p> |

| | |
|--|--|
| <h2 style="text-align: center;">FUNCTION</h2>  | <p>Starting on the left, if you are able to shop independently, mark an X below the first picture.</p> <p>If not, move to the second picture: if you can prepare your own meals, mark an X below that picture.</p> <p>If not, move to the next picture. If you can eat without assistance, but require help preparing meals, mark an X below the third picture.</p> <p>If not, continue moving to the next picture until you find the one that best matches your usual state.</p> <p>Remember, you should only mark one picture for each category.</p> |
| <h2 style="text-align: center;">MEMORY AND THINKING</h2>  | <p>The next example is memory and thinking. Do you often have problems with your memory and thinking?</p> |
| <h2 style="text-align: center;">MEMORY AND THINKING</h2>  | <p>A reminder that the pictures are arranged from the best state on the left, to the worst state on the right.</p> <p>Mark an X below the first picture if you don't experience any memory or thinking problems.</p> <p>If you do experience memory or thinking problems, mark an X below one of the four remaining pictures that best match your usual state.</p> |



Thank you for watching this video.
You are now ready to complete the Pictorial Fit-Frail scale.

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[No audio]