

WHAT CAN BE DONE ABOUT FRAILITY IF IT IS IDENTIFIED EARLY

The Alexandra Hospital **EMBRACE** care team can:



Conduct a comprehensive geriatric assessment to target underlying risk factors.



Address falls, fracture risk, fear of falls, caregiver burden and improve or maintain function through tailored therapy session.



Identify wishes and preferences for future care.



Review medications with a focus on avoiding unnecessary medications.



Assess diet with a focus on optimising protein content to enable strength training.



Link up with community partners for activities related to healthy ageing.

We will work with our care team and community partners to coordinate your care. Arrange an appointment with us today to discuss possible interventions with our specialist.



 AH_GSH@nuhs.edu.sg

 Please call our customer service line at 1800-CALL GSH (1800 225 5474).

Operating Hours:
Mondays – Fridays (excluding Public Holidays), 8.30am-5.30pm.

 Queenstown Polyclinic
580 Stirling Rd, Singapore 148958.

Lions Befrienders Active Ageing Centre (AAC)
@Ghim Moh
Blk 18 Ghim Moh Rd, #01-115 Singapore 270018.

Lions Befrienders Active Ageing Centre (AAC)
@Clementi
Blk 420A, Clementi Ave 1, #02-03, S121420.

Are you 65 years old and above?
Get a one-stop assessment by our
Alexandra Hospital's **EMBRACE** team to
help you age confidently, healthily and positively.




EMBRACE
 EMBRACE by Alexandra Hospital is community based one-stop geriatric services hub providing comprehensive care to eligible seniors aged 65 years and above

WHAT IS FRAILTY

Frailty is a condition related to the ageing process that describes reduced ability to cope with changes in physical or mental health and wellbeing.


A person can progress through the stages of frailty until the symptoms become apparent. Frail individuals may or may not recover as they encounter stressors in their daily life. It is important to recognise the symptoms of frailty early for appropriate intervention to enable the seniors lead a healthy life.


WE OFFER


-  **Memory screening**
-  **Falls/Fragility fracture risk/ Functional assessment Fear of falls assessment**
-  **Nutrition screening**
-  **Caregiver support**
-  **Psychosocial assessment**
-  **Medications review**
-  **Discussions about wishes and preferences for your future care**


HOW DO I KNOW IF I AM FRAIL?


ASK YOURSELF

 **FATIGUE**
 Have you felt tired most or all of the time in the past four weeks?

 **RESISTANCE**
 Do you have difficulty climbing a flight of stairs?

 **AMBULATION**
 Do you have difficulty walking one block?

 **ILLNESS**
 Do you have five or more medical conditions?

 **WEIGHT LOSS**
 Have you had unintentional weight loss in the past six months?

PRE-FRAIL 1-2

If your answer is "yes" to one or two of the questions, you are at a pre-frail stage.

FRAIL 3-5

If your answer is "yes" to three or more questions you are considered frail.

The FRAIL Scale | Reference: Morley, J. E., Malmstrom, T. K., & Miller, D. K. (2012). A simple frailty questionnaire (FRAIL) predicts outcomes in middle aged African Americans. The Journal of Nutrition, Health & Aging, 16(7), 601-608. doi: 10.1007/s12603-012-0084-2