

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.



EMBRACE
AGEING



 AH_GSH@nuhs.edu.sg

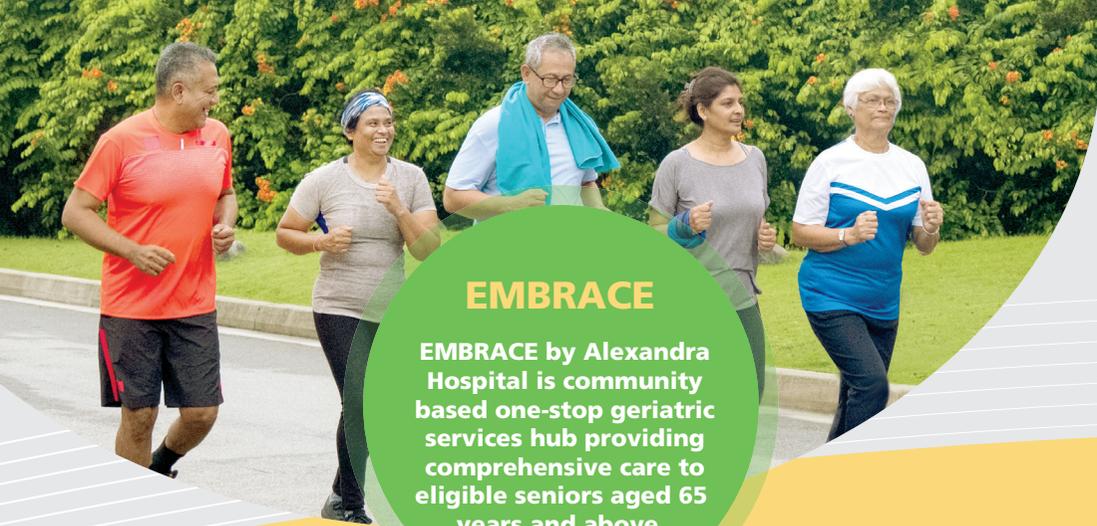
 Please call our customer service line at 1800-CALL GSH (1800 225 5474). Available from 8.30am to 5.30pm, Monday to Friday (excluding public holidays).

 **Queenstown Polyclinic**
580 Stirling Rd, Singapore 148958.

Lions Befrienders Active Ageing Centre (AAC)
@Mei Ling Street
Blk 150 Mei Ling Street #01-53, Singapore 141150.

Lions Befrienders @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 FRALITY

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 walking one block?



AMBULATION
 Do you have difficulty climbing a flight of stairs?



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