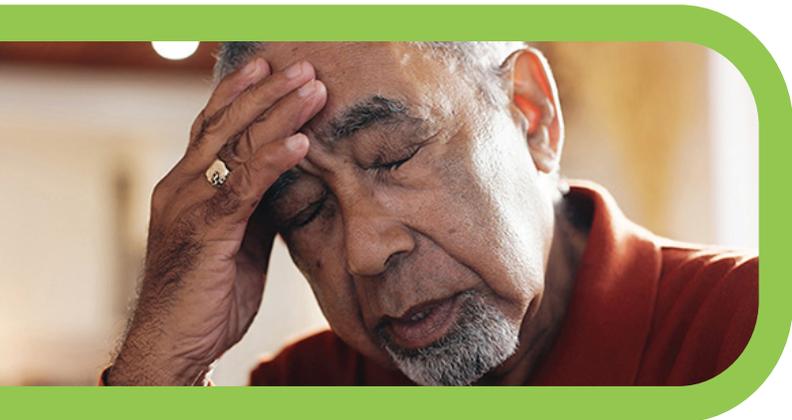


Frailty in Older Adults

The Risk Factor Families Overlook

When families notice a parent becoming weaker, slower, or more easily exhausted, they often attribute it to “just aging.” In many cases, something more specific is happening: frailty.

Frailty is a medical syndrome characterized by reduced strength, endurance, and physiologic reserve. In simple terms, the body has less capacity to handle stress. A minor infection, medication change, or short hospital stay that once caused only a temporary setback may now trigger a significant decline.



Frailty is often subtle at first. A slower pace. A missed meal. More time spent sitting. These small changes matter.

Identifying frailty early allows families and professionals to intervene before a crisis forces decisions. Proactive support preserves strength. Preserved strength protects independence.



Contact Us!
(877) 707-9111
info@apexcare.com
www.apexcare.com



Clinically, frailty is often identified when three or more of the following are present:

- Unintentional weight loss
- Weak grip strength or difficulty rising from a chair
- Slow walking speed
- Persistent fatigue
- Low physical activity

Frailty is different from disability. A person may still live independently and manage daily tasks — but their margin for error is shrinking.

Why does this matter?

Frailty significantly increases the risk of:

- Falls and fractures
- Delirium during illness or hospitalization
- Complications after surgery
- Longer hospital stays
- Loss of independence

It also changes how medical decisions should be made. A frail 85-year-old and a robust 85-year-old have very different risk profiles, even if they share the same diagnosis.

The encouraging news is that frailty is dynamic. In its early stages, it can be slowed — and sometimes partially reversed — with targeted intervention.

Effective strategies include:

Progressive strength training (even light resistance makes a difference)

Adequate protein intake to support muscle maintenance

Reviewing medications that may cause sedation or dizziness

Reducing social isolation and increasing engagement

Addressing vision, balance, and footwear