

Frailty!

IS A DISTINCT CLINICAL ENTITY
FROM NORMAL AGEING

consisting of

**MULTISYSTEM
DYSREGULATION**

leading to

**A LOSS OF PHYSIOLOGICAL
RESERVE**

resulting in

**A STATE OF INCREASED
VULNERABILITY TO STRESSORS**



**TWO MAIN THEORIES
PHENOTYPE (FREID)**

ACCUMULATION OF DEFICITS (ROCKWOOD)



**RECOGNITION & PROACTIVE CARE
LEADS TO PREVENTION OF HARMS**



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healthcare professionals working with older adults

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