



# How to reduce risks of frailty for healthy aging.

There are steps you can take to delay, prevent and even reverse frailty.



FOR MORE INFORMATION VISIT:  
[www.cfn-nce.ca/frailty-matters/avoid-frailty/](http://www.cfn-nce.ca/frailty-matters/avoid-frailty/)



## What is frailty?

In medical terms, frailty describes a person likely experiencing a number of health problems who is losing weight and muscle, is easily exhausted, walks more slowly, and struggles with poor balance and mobility.

Mental and emotional health can also contribute to frailty. People can become socially withdrawn, experience low mood, memory loss, and are less able to think clearly and problem-solve.

## What is the impact of frailty?

Understandably people who are becoming frail find it harder to function day to day. Consequently their quality of life suffers.

They are also likely to spend more time in hospital, take longer to recover from minor health events, and may lose their independence sooner with the need for higher levels of care.



## IT IS POSSIBLE TO AGE WELL AND AVOID FRAILTY

Try these simple steps with the help of the people in your life, including your doctor.

**A**

Daily **activity** will help you stay mobile, flexible, and strong. Walking, weights, stairs—it's never too late to start.

**V**

**Vaccines** will help protect you from becoming seriously ill at an age where it's harder to recover.

**O**

**Optimize** your medications by reviewing them yearly with your doctor. Taking too many can cause problems as your body finds them harder to process as you get older.

**I**

Social **interaction** makes you happier and helps you live longer! Join a club, take a class or volunteer in your community to stay socially active.

**D**

Your **diet** should be nutritious and include more protein as you age to keep your bones and muscles strong.