

What is Frailty?

Frailty is a distinctive health state related to the ageing process in which multiple body systems gradually lose their in-built reserve. “It is a state of vulnerability to poor resolution of homeostasis after a stressor event and is a consequence of cumulative decline in many physiological systems during a lifetime. This cumulative decline depletes homeostatic reserves until minor stressor events trigger disproportionate changes in health status”

(Clegg et al., 2013, p. 752)

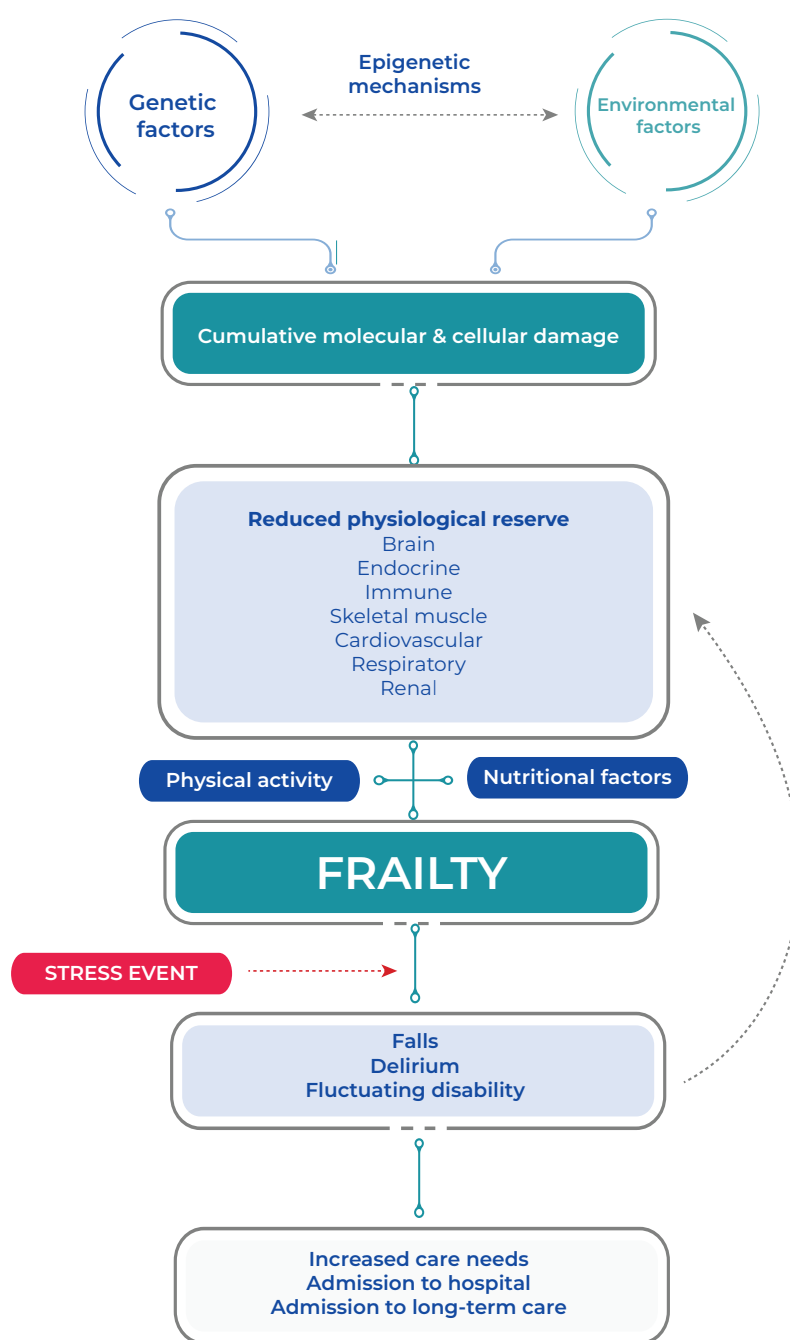


Figure 1: A schematic representation of the pathophysiology of frailty (Clegg et al., 2013)