

Clinical Resources

The Best Practice and Medical Director templates

The Best Practice and Medical Director templates (.rtf files) can be imported to your software. These templates should not be opened and viewed before importing them. You will need to right click, copy and save or drag the .rtf file onto your desktop. Refer to the instructions below.

Frail Scale Templates for Medical Director

- Directions on how to upload templates [Read Instructions](#).
- FRAIL Scale for Medical Director (MD). To download, please [Right Click and save link](#) (clicking directly on this link will load the BP file into your web browser instead).
- 75+ assessment that includes FRAIL scale (MD). To download, please [Right Click and save link](#) (clicking directly on this link will load the BP file into your web browser instead).

Frail Scale Templates for Best Practice

- Directions on how to upload templates [Read Instructions](#).
- FRAIL Scale for Best Practice (BP). To download, please [Right Click and save link](#) (clicking directly on this link will load the BP file into your web browser instead).
- 75+ assessment that includes FRAIL scale (BP). To download, please [Right Click and save link](#) (clicking directly on this link will load the BP file into your web browser instead).

Other Resources

- FRAIL Scale Topbar App: [quick reference guide](#)
- FRAIL Scale App: [video demo](#)
- Online Positive Aging Tool [Click Here](#)
- When Seniors Say No brochure [Open Brochure](#)
- The [How to Stay On Your Feet® Checklist](#) covers wellbeing, nutrition, physical activity, health conditions, footwear and hazards in and around the home
- Basic Steps (falls prevention program) resources order form [Open form](#)
- Medication Management Review – see [Health Pathways](#) or [Medication review for people living with frailty](#)

Evidence to Support Frail Scale:

- Asia Pacific Clinical Practice Guidelines for the Management of frailty [Read Guidelines](#)
- Nutritional Interventions in Sarcopenia [Read Article](#)
- Effects of physical exercise interventions in frail older adults [Read Article](#)
- The Effectiveness of Exercise Interventions for the Management of Frailty: A Systematic Review [Read Article](#)
- Interventions for Treating Sarcopenia: A Systematic Review and Meta-Analysis of Randomized Controlled Studies [Read Article](#)
- Inappropriateness of Medication Prescriptions to Elderly Patients in the Primary Care Setting [Read Article](#)
- Beliefs and attitudes of older adults and carers about deprescribing of medications [Read Article](#)