

The Pictorial Fit-Frail Scale (PFFS) is a comprehensive tool that captures the multidimensionality of frailty using visual images. The PFFS is used to assess a person’s level of fitness-frailty.

Permission received through a formal Licensing Agreement to use the scale from Dr. Olga Theou. The use of the PFFS is for educational purposes and for non-commercially funded research and/or quality assurance projects only, and must be administered free of charge.

Element	Details
Time to Administer	< 2 minutes for clinical assessment; < 5 minutes for self or proxy assessment.
Type	Clinical Assessment > eForm and Print Form
Setting	Any clinical setting.
Administration	Can be completed by the patient (self-assessment), caregiver (proxy assessment) or health care provider (clinical assessment). The PFFS includes 14 domains, each represented by 3-6 images corresponding to the level of ability.
Interpretation	The administrator picks the image that best represents the usual state of the individual across each of the 14 domains.
Reference	Theou, O., Andrew, M., Ahip, S.S., Squires, E., McGarrigle, L., Blodgett, J.M., ... Rockwood, K. (2019). The Pictorial Fit-Frail Scale: Developing a visual scale to assess frailty. <i>Canadian Geriatrics Journal</i> , 22(2), 64-74. doi: 10.5770/cgj.22.357 Geriatric Medicine Research. “Pictorial Fit-Frail Scale© (PFFS).” <i>Dalhousie University</i> , https://www.dal.ca/sites/gmr/our-tools/pictorial-fit-frailty-scale.html .