**Name: Date of Birth:**

**Your healthy ageing assessment \*date\***

**The Rockwood Clinical Frailty Scale** is a nine-point scale that summarizes the overall level of fitness or frailty from 1 (very fit) to 9 (terminally ill).
You have been assessed as

Very fit mild frailty Moderate Severe
 1 2 3 4 5 6 7 8 9



**The 6-item** cognitive impairment test (6CIT) is designed to identify mild **DEMENTIA**.
A score above 8 suggests possible cognitive impairment.

You have been assessed as: **\*number\* tick box below**

|  |  |  |
| --- | --- | --- |
|  |  |  |
| 0 - 7 no cognitive impairment | 8 - 9 mild cognitive impairment | 9+ cognitive impairment |

**PHQ-2** is used to identify possible **DEPRESSION**.
A score of 3 or more suggests that someone may be depressed.

You have been assessed as: **\*number\***

**GAD**-2 is used to identify **ANXIETY**.
A score of 3 or more suggests that someone may have anxiety disorder.

You have been assessed as: **\*number\***

**Risk of Falls**You have been assessed as \*low/high\* risk of falls.

Comments :