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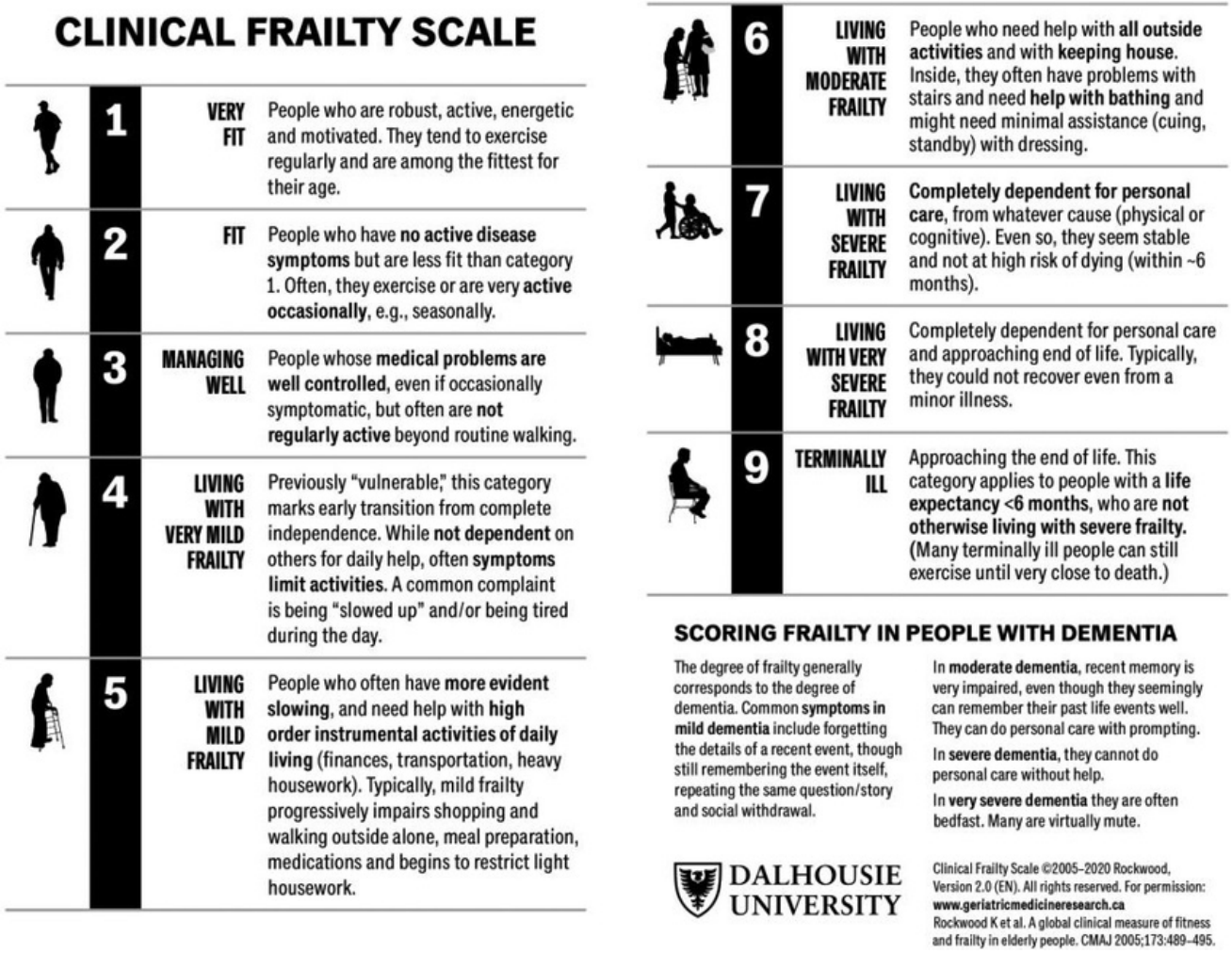
Appendix S1. Clinical Frailty Scale.



CLINICAL FRAILTY SCALE

1	VERY FIT	People who are robust, active, energetic and motivated. They tend to exercise regularly and are among the fittest for their age.
2	FIT	People who have **no active disease symptoms** but are less fit than category 1. Often, they exercise or are very **active occasionally**, e.g., seasonally.
3	MANAGING WELL	People whose **medical problems are well controlled**, even if occasionally symptomatic, but often are **not regularly active** beyond routine walking.
4	LIVING WITH VERY MILD FRAILTY	Previously "vulnerable," this category marks early transition from complete independence. While **not dependent** on others for daily help, often **symptoms limit activities.** A common complaint is being "slowed up" and/or being tired during the day.
5	LIVING WITH MILD FRAILTY	People who often have **more evident slowing**, and need help with **high order instrumental activities of daily living** (finances, transportation, heavy housework). Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation, medications and begins to restrict light housework.
6	LIVING WITH MODERATE FRAILTY	People who need help with **all outside activities** and with **keeping house.** Inside, they often have problems with stairs and need **help with bathing** and might need minimal assistance (cuing, standby) with dressing.
7	LIVING WITH SEVERE FRAILTY	**Completely dependent for personal care**, from whatever cause (physical or cognitive). Even so, they seem stable and not at high risk of dying (within ~6 months).
8	LIVING WITH VERY SEVERE FRAILTY	Completely dependent for personal care and approaching end of life. Typically, they could not recover even from a minor illness.
9	TERMINALLY ILL	Approaching the end of life. This category applies to people with a **life expectancy <6 months**, who are **not otherwise living with severe frailty.** (Many terminally ill people can still exercise until very close to death.)

SCORING FRAILTY IN PEOPLE WITH DEMENTIA

The degree of frailty generally corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal.

In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting.

In **severe dementia**, they cannot do personal care without help.

In **very severe dementia** they are often bedfast. Many are virtually mute.

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Rockwood K et al. A global clinical measure of fitness and frailty in elderly people. CMAJ 2005;173:489–495.

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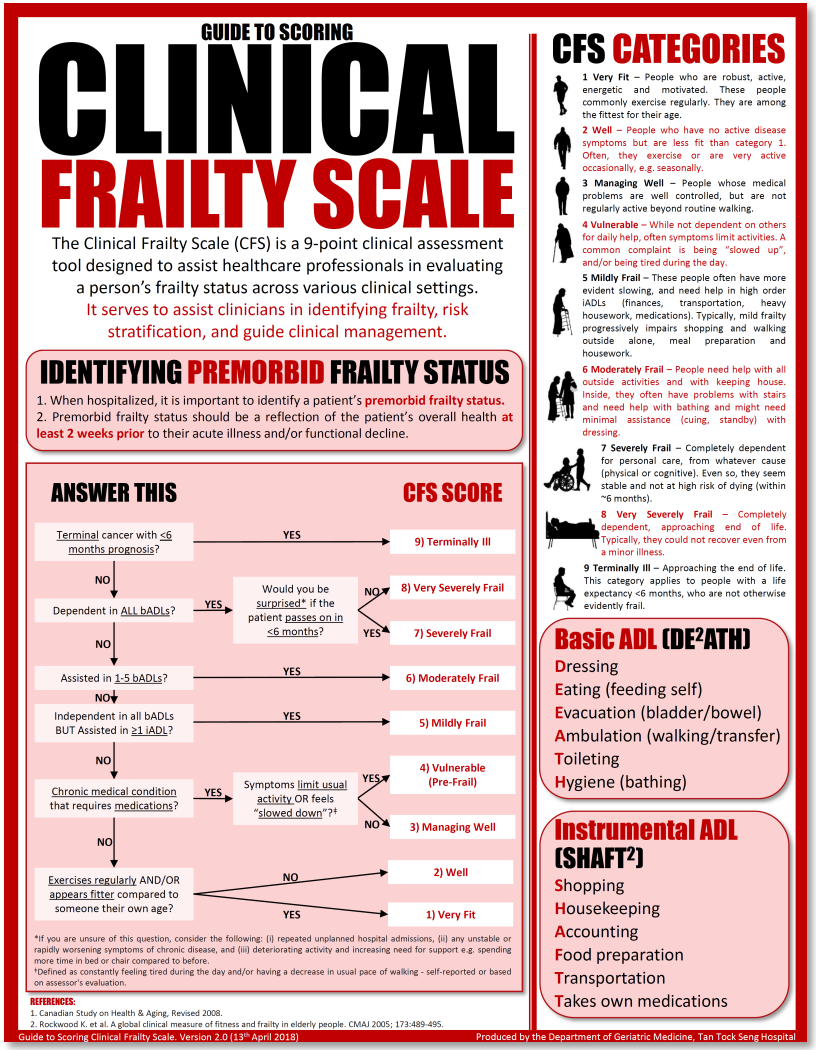
Appendix S2. CFS algorithm (CFS-A).



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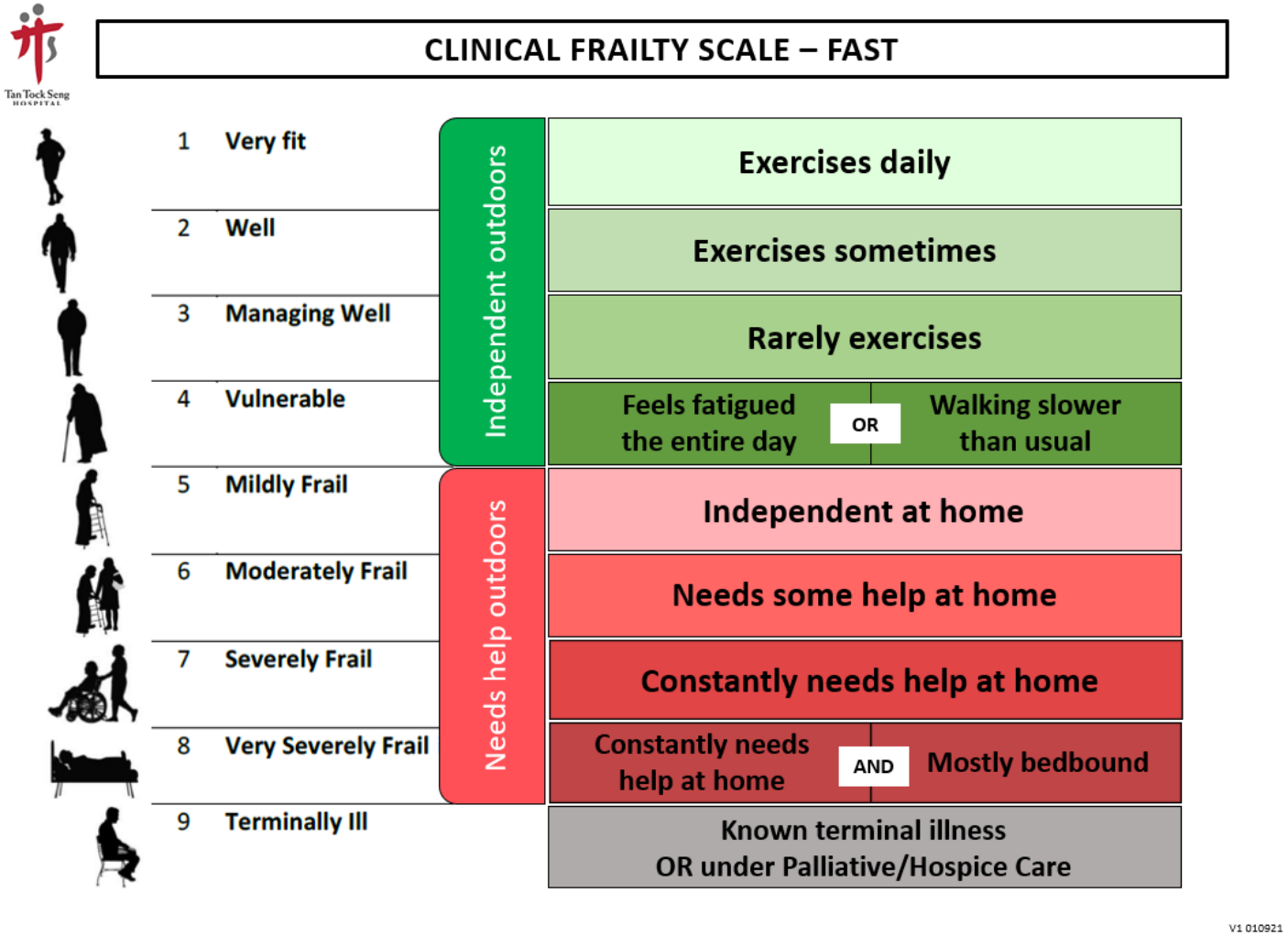
Appendix S3. CFS-Fast.



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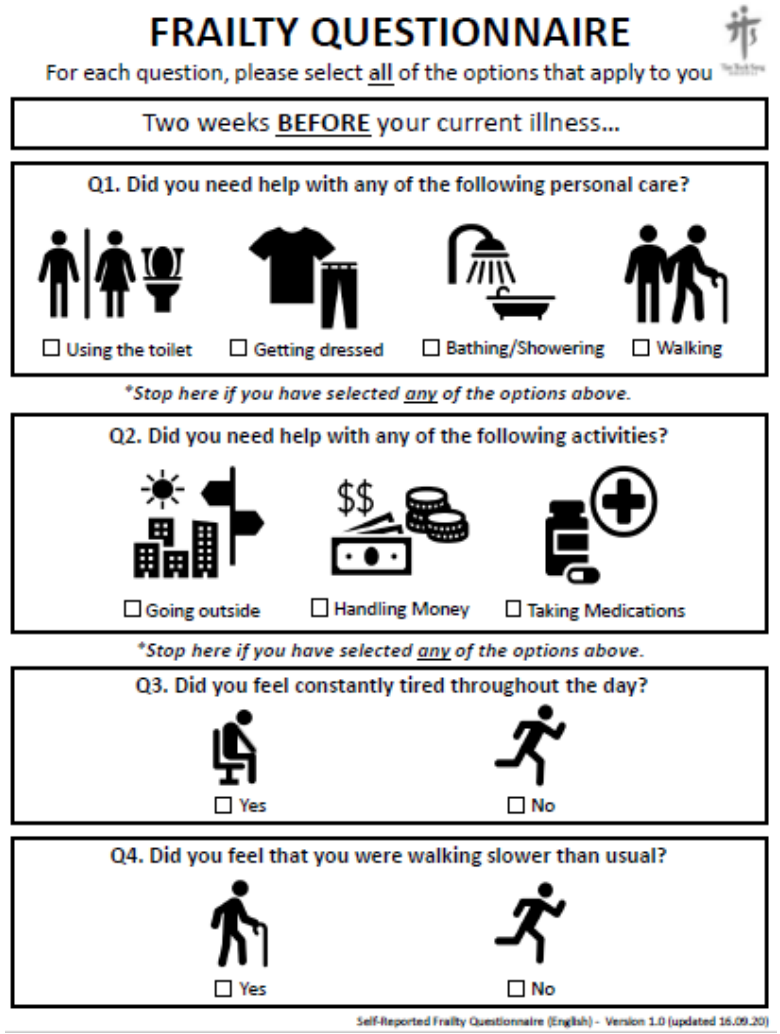
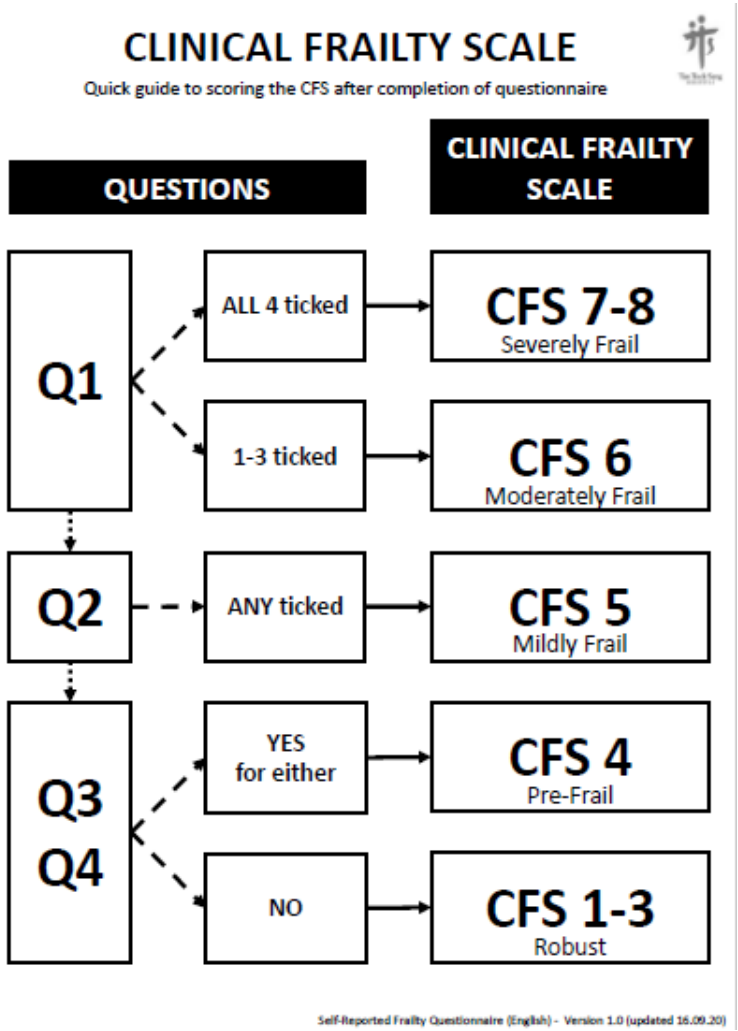
Appendix S4. CFS-Self.





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Appendix S5. Baseline characteristics of surveyed patients.

		Overall (N=210)	
Demographics		N	%
Age in years	Median (Q1-Q3)	210	73 (69-78)
Gender	Male	120	57.1%
	Female	90	42.9%
Ethnicity	Chinese	171	81.4%
	Malay	10	4.8%
	Indian	23	11.0%
	Others	6	2.9%
Marital Status	Married	135	64.3%
	Single	23	11.0%
	Widowed/Divorced/Separated	52	24.8%
Living Status	Alone	27	12.9%
	With Family/friend/helper	179	85.2%
	Others	4	1.9%
Education level	No formal education	10	4.8%
	Primary	48	22.9%
	Secondary	109	51.9%
	Junior College/University	43	20.5%
Household income	<$1,000	92	43.8%
	<$2,500	35	16.7%
	<$5000	38	18.1%
	>=$5000	34	16.2%

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	Missing	11	5.2%
Level of Reliance	Self-care	179	85.2%
	Family	13	6.2%
	Maid	16	7.6%
	Others	2	1.0%
Lifestyle			
Smoking Status	Non-smoker	145	69.0%
	Ex-smoker	45	21.4%
	Current	20	9.5%
Average number per day	Median (Q1-Q3)	64	15 (7.5-20)
Duration of smoking (years)	Median (Q1-Q3)	63	20 (10-50)
Alcohol Status	Teetotal	131	62.4%
	Ex-drinker	42	20.0%
	Current	37	17.6%
Function		N	%
Locomotion (in the community)	No assistance required	161	76.7%
	Walking Stick/frame	32	15.2%
	Mobility Scooter/Wheelchair	17	8.1%
Modified Barthel Index Score	Median (Q1-Q3)	210	100 (96-100)
Instrumental Activities of Daily Living	Median (Q1-Q3)	210	7 (6-8)
Sarcopenia			
SARC-F Total Score	Median (Q1-Q3)	208	1 (0-3)
Sarcopenia (score ≥4)		45	21.4%

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Nutritional status			
Short Nutritional Assessment Questionnaire score	Median (Q1-Q3)	210	0 (0-1)
Severely malnourished (Score ≥4)		12	5.7%
Health-related quality of life			
EuroQoL-5 Dimension			
Visual Analog Score	Median (Q1-Q3)	210	67.5 (50-80)
Comorbidity			
Charlson Comorbidity Index score	Median (Q1-Q3)	210	2 (1-4)
Charlson Comorbidity Index class	Low	45	21.4%
	Medium	93	44.3%
	High	28	13.3%
	Very High	44	21.0%
Others			
Number of prescribed medications	Median (Q1-Q3)	210	6 (3-9)
Polypharmacy (≥5 medications)		137	65.2%
Had a fall in last 12 months		66	31.4%
Had an injurious fall in last 12 months		41	19.5%
Primary care		7	3.3%
Emergency attendance		24	11.4%
Hospitalisation		10	4.8%
Disposition from ED	Discharged	17	8.1%
	Admitted	26	12.4%

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Q1: 25th percentile; Q3: 75% percentile