**Physical Frailty (**Kim et al., 2019; doi: 10.1016/j.jamda.2019.08.028)

* Response scale = Yes/No
* Total score = summed score (yes = 1; no = 0)
* Banding = 0-1 (non-frail), 2-3 (pre-frail), 4-5 (frail)
* **Items:** 
  + 1. During the past week, I felt that everything I did was an effort
    2. By yourself and not using aids, do you have any difficulty walking up 10 stairs without resting?
    3. Do you have any difficulty walking one lap of a playground track (400m)?
    4. During the past week, how often did you participate in any moderate physical activities that make you slightly more breathless than usual, such as rapid walking, carrying a light item, cleaning, infant care?
    5. During the past week, how often did you engage in vigorous physical activities, such as vigorous sports, carrying 20kg or more weights, carrying items up a set of stairs, digging, construction labouring?
    6. Was there an unintended weight loss of 4.5 kg in the past year?
* **Data to record:** responses on all 6 items [integer]

**Physical Frailty (**Chair Stand Test; one of the tests from Short Physical Performance Battery [SPBB])

* Performance-based assessment
* Clients to perform stands (sit-stand-sit = 1 stand repetition) within 1 minute. The client should keep count the number of times they have performed the sit-stand-sit during this one minute
* **Data to record:** reported number of successful performance [integer]

**Cognitive Frailty** (Wong et al., 2015; 10.1161/STROKEAHA.114.007253; 5-minute MOCA)

* Banding = 0-26 (mild cognitive impairment); 27-30 (normal)
* Attention
  + Repeat the 5 words immediately
    - Face; Velvet; Church; Daisy; Red
    - **Scoring** = 1 point for each word correctly recalled (maximum of 5 scores)
* Verbal fluency
  + Name as many words in one minute that begin with the letter F
  + **Scoring** = 0.5 points for each correct word (maximum of 9 scores)
* Orientation
  + Answer the following what/where questions
  + Date; Month; Year; Day; Place; City
  + **Scoring** = 1 point for correct response (maximum of 6 scores)
* Memory
  + Recall the 5 words in the 1st task
  + **Scoring** = 2 points for each spontaneous recall (maximum of 10 scores)
* **Data to record:** scores of each component [integer]

**Social Frailty** (Pek et al., 2022; doi:10.3390/ijerph17124239)

* Response scale = Yes/No
* Total score = summed score (yes = 1; no = 0)
* Banding = 0-1 (non-frail), 2-3 (pre-frail), 4-8 (frail)
* I**tems:**

1. Do you sometimes visit your friend?
2. Do you turn to family or friends for advice?
3. Do you have someone to confide in?
4. Do you go out less frequently compared with last year?
5. Do you eat with someone at least one time in a day?
6. Are you limited by your financial resources to pay for needed medical service?
7. Do you live alone?
8. Do you talk with someone every day?

* **Data to record:** responses on all 8 items [integer]