Geriatric Resilience & Longevity Assessment

Client Name: _____ Date: __ Age: _____

Section 1: The "Reveal" – Biological & Functional Markers

Assess the biological age and physical resilience indicators.

Biomarker Review (Target Ranges): - [ ] **hs-CRP: _ mg/L** *(Goal: < 1.0)* - [ ] **Homocysteine: _** µmol/L *(Goal: < 12)* - [ ] **Vitamin D: _ ng/mL** *(Goal: 40-60)* - [ ] **Cystatin C: _** *(Assessment of renal health)*

Physical Resilience Check: - [ ] **Grip Strength:** [ ] Strong [ ] Moderate [ ] Weak/Needs Improvement *Note: Can the client open a jar or carry groceries independently? - [ ]* **Resistance Training: _____** days per week *(Goal: 2+ days)*

Section 2: The "Organize" – Anabolic Drive & Polypharmacy

Evaluate the risk of sarcopenia and medication-related cascades.

Protein Pacing Tracker: - **Current Daily Protein Intake: _ g/kg** *(Goal: 1.2 – 1.5g/kg)* - [ ] **Breakfast Protein: _** grams *(Goal: 30-40g high-quality protein)* - [ ] **Leucine-Rich Sources included?** (e.g., whey, beef, eggs, soy)

Polypharmacy Screen: - Total Number of Medications: ___ - [ ] **Potential Prescribing Cascade?** (e.g., Statin → Muscle Pain → NSAID → GI Upset → PPI) - **Current Supplements: _____**

Section 3: The "Target" – Cognitive & Lifestyle Protocol

Tracking adherence to the "Keto-Flex 12/3" and social connectivity.

Resilience Habit	Frequency/Value	Goal Met?
12-Hour Overnight Fast	____ hours	☐
No Food 3h Before Bed	____ hours	☐
Social Interaction/Community	____ hours/week	☐
Hormetic Stressor (Sauna, Cold, HIIT)	____ times/week	☐

Resilience Habit	Frequency/Value	Goal Met?
Sense of Purpose (Ikigai)	Rate 1-10: _____	☐

Section 4: Scoring & Reflection

Resilience Score (Practitioner Use): * **Low Risk:** Optimal biomarkers, high protein, 2+ days resistance training, active social life. * **Moderate Risk:** Sub-optimal protein, 5+ medications, sedentary, mild inflammaging (CRP 1-3). * **High Risk (Frailty):** Low grip strength, cognitive fog, CRP > 3.0, protein < 0.8g/kg.

Practitioner Observations:

Next Steps / Primary Focus Area: - [ ] **Anabolic Drive:** Increase protein/resistance training. - [ ] **Inflammaging:** Address gut health/methylation/nutrients. - [ ] **Cognitive Support:** Implement Keto-Flex 12/3 and BDNF stimulation. - [ ] **Deprescribing:** Coordinate with physician to review medication list.

AccrediPro Standards Institute Certified Tool