**Appendix 1: Reported Edmonton Frail Scale used to evaluate frailty in study population**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Frailty** | **Item** | **0 Point** | **1 Point** | **2 Points** |
| **Cognition** | Please imagine that this pre-drawn circle is a clock. I would like  you to place the numbers in the correct positions then place  the hands to indicate a time of ‘ten after eleven’. | No errors | Minor spacing errors | Other errors |
| **General Health Status** | In the past year, how many times have you been admitted to a  hospital?  In general, how would you describe your health? | 0  Excellent/Very Good/Good | 1-2  Fair | ≥ 2  Poor |
| **Functional Independence** | With how many of the following activities do you require help?  (meal preparation, shopping, transportation, telephone,  housekeeping, laundry, managing money, taking  medications). | 0-1 | 2-4 | 5-8 |
| **Social Support** | When you need help, can you count on someone who is willing and able to meet your needs? | Always | Sometimes | Never |
| **Medication Use** | Do you use five or more different prescription medications on a  regular basis?  At times, do you forget to take your prescription medications? | No  No | Yes  Yes |  |
| **Nutrition** | Have you recently lost weight such that your clothing has become looser? | No | Yes |  |
| **Mood** | Do you often feel sad or depressed? | No | Yes |  |
| **Continence** | Do you have a problem with losing control of urine when you don't want to? | No | Yes |  |
| **Self-Reported Performance** | Two weeks ago were you able to:   1. Do heavy work around the house like washing windows, walls or floors without help? 2. Walk up and down stairs to the second floor without help? 3. Walk 1 km without help? | No  No  No | Yes  Yes  Yes |  |

Scoring the Reported Edmonton Frail Scale (0 – 18): Not Frail: 0-5 Apparently Vulnerable: 6-7 Mildly Frail: 8-9 Moderate Frailty: 10-11 Severe Frailty: 12-18

**Appendix 2: Mini-Cog used to screen for cognitive impairment in the study population**

Mini-Cog

3-Item Recall=3

3-Item Recall= 1 or 2

3-Item Recall=0

Impaired

Impaired

Clock Draw Abnormal

Clock Draw Normal

Not Impaired

Impaired