



The Frail Non-Disabled (FiND) Questionnaire

Domain	Questions	Answers	Score
<i>Disability</i>	A. Have you any difficulties at walking 400 meters?	a. No or some difficulties b. A lot of difficulties or unable	0 1
	B. Have you any difficulties at climbing up a flight of stairs?	a. No or some difficulties b. A lot of difficulties or unable	0 1
<i>Frailty</i>	C. During the last year, have you involuntarily lost more than 4.5 kg?	a. No b. Yes	0 1
	D. How often in the last week did you feel than everything you did was an effort or that you could not get going?	a. Rarely or sometimes (2 times or less/week) b. Often or almost always (3 or more times per week)	0 1
	E. Which is your level of physical activity?	a. Regular physical activity (at least 2-4 hours per week) b. None or mainly sedentary	0 1

If $A+B \geq 1$, the individual is considered as "disabled".

If $A+B=0$ and $C+D+E \geq 1$, the individual is considered as "frail".

If $A+B+C+D+E=0$, the individual is considered as "robust".