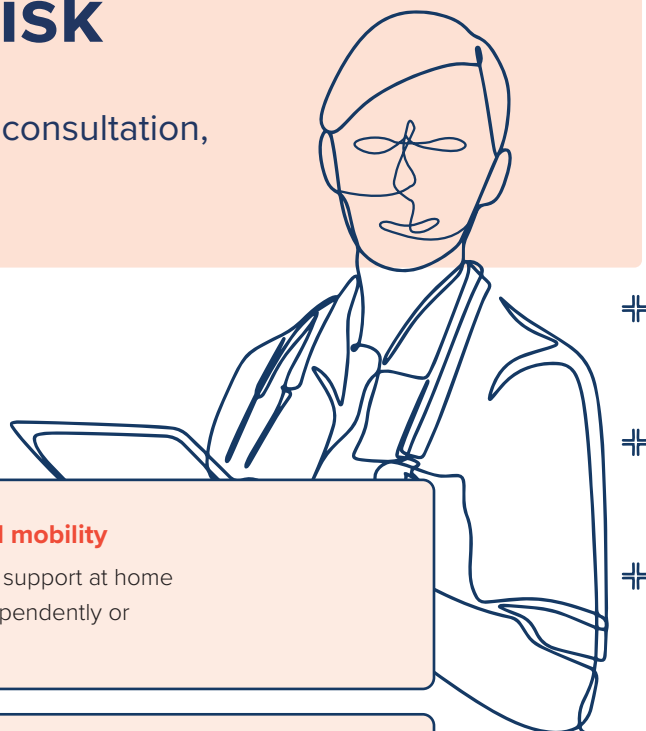


# Our top questions for identifying those at risk

These could form part of an in-person or virtual consultation, or a pre-appointment call or questionnaire.

Remember to look beyond **F.R.A.I.L.** signs and consider other risk factors in the context of **H.I.V.**



## 1 Activities of daily living, especially independence and mobility

Do you find yourself taking longer to do things, needing more support at home or facing issues getting out of the bath, dressing yourself independently or standing up from a chair without using your hands?\*

## 2 Fatigue, mood and cognition

How are your energy levels at the moment?  
Do you ever feel extremely tired or exhausted for no reason?  
Are you worried about your mood or your memory?†

## 3 Falls

Have you fallen in the last year or do you feel you've been falling unexpectedly recently?

## 4 Social/financial concerns

Are you happy with everything at home – any social or financial worries?  
Do you have someone at home or nearby to support you if needed?

## 5 Polypharmacy/side effects

Have there been any changes with the medicines you take since I last saw you – anything new, changed, stopped or causing you issues?

## 6 General worries, especially age-related

Is there anything worrying you as you're getting older, e.g. incontinence issues?  
Are there any other health problems that are on your mind or affecting you at the moment?†

\*Remember to take existing disabilities into consideration when asking questions and interpreting people's responses.

†Insight into these aspects could be captured simply by observing an individual's movement and behaviour, particularly if you know them well and understand what's normal for them.

This resource was funded by Gilead Sciences Ltd and co-created between the Gilead Sciences HIV Standards Support Team, Cuttsy+Cuttsy and healthcare professionals specialising in the field of HIV and frailty.