

Improving care and support for people with frailty

Frailty is not an inevitable part of ageing.
Small steps like eating well, staying active and
looking after your health can make a big difference.

Learn how to reduce your risk and live well as you age.

Scan the **QR code** or visit nhsfife.org/frailty
for tips to stay active and independent.



nhsfife.org/frailty

