

Frailty and its effect on ADL/IADL disability trajectory: Evidence from the Survey of Health, Ageing and Retirement in Europe (SHARE).

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Europe's population is growing older, a trend that is projected to continue. Increased life expectancy means, older individuals are at risk of falls, hip fractures, long-term health conditions, re-hospitalization, which leads to the possibility of increased time spent in poor health.

The transition from physically independent to frailty is fraught with challenges for older individuals. Hence, it is paramount to understand the nature of frailty on subsequent limitation in Activities of Daily Living (ADLs)—eating and drinking independently, getting up and sitting down, dressing and undressing, using the toilet, and bathing or showering and instrumental activities of daily living (IADLs), which requires complex tasks such as managing money and preparing hot meal. In the present study, we use data from the Survey of Health, Ageing and Retirement in Europe (SHARE), a cross-national cohort study, to examine if and to what extent, frailty at baseline is associated with subsequent progression of disability over a 15-year period follow-up from 2004 to 2019, in community-dwelling older adults.

Early management of frailty can delay adverse health outcomes associated with ageing such as functional decline and dependency. In order to promote healthy ageing, understanding the nature of frailty must be a first step. The study aims to contribute to future studies on the early management of frailty and healthy ageing to develop a targeted and individualized care strategy that supports older adults to remain functionally independent.