



Example of questions for conducting interviews with people living with frailty:

1. What does “frailty” mean to you?
2. Do you consider yourself as living with frailty?  
If the answer is yes:
3. What is the impact of frailty on your life?
4. Do you feel recognised for what you can do, rather than assumptions being made about what you cannot do?
5. Do you feel you can make your own decisions, with advice and support from family, friends or professionals if you want it?
6. Compared to 10 years ago, what’s your life like? Do you feel different?
7. Have there been any changes in daily or leisure activities since 10 years ago?
8. Why do you think these changes took place?
9. Does this condition have a significant impact on your life?
10. Can you do activities that are important to you?
11. How do you cope with these changes?
12. Do you feel supported to be independent?
13. How does your social life look like?
14. Can you maintain social contact as much as you want?
15. What do you think a person should do to improve her state when the signs of frailty appear?
16. What do you do on your daily life to lead a healthy life?
17. Why do you want to face up frailty?

*Questions 1, 2, 4, 6, 7, 10, 13, 15, and 16 can also be used when interviewing an older person who is not yet living with frailty.*