

Geriatric Functional Rating Scale (GFRS)

Overview:

The Geriatric Functional Rating Scale (GFRS) can be used to evaluate the functional capacity of an elderly patient. This can help identify those patients who are able to function alone or with some assistance from those WHO require institutionalization. The authors were from the McGill University and Royal Ottawa Hospital in Canada.

Measures:

- (1) physical condition
- (2) mental condition
- (3) functional abilities
- (4) support from the community
- (5) living quarters
- (6) relatives and friends
- (7) financial situation

Physical Condition	Finding	Points
eyesight	good (watches TV reads does needlework etc.)	0
	distinguishes faces	-3
	sees light only (or totally blind)	-10
hearing	good	0
	requires a loud voice	-3
	deaf	-5
mobility	fully mobile (dresses carries parcels rides bus etc.)	0
	uses cane or should use one dependent on railings	-3
	requires cane and other support	-15
	wheelchair	-15
pulmo-cardiovascular function	no restrictions	0
	1 flight of stairs	-3

	partly or totally bedridden	-20
diet	no restrictions	0
	restricted	-3

where:

- Total blindness is not scored in the original table.

Mental Condition	Finding	Points
disorientation	none	0
	to time	-3
	to person and/or place	-15
delusions	none	0
	suspiciousness	-3
	overt	-10
memory loss	none	0
	benign	-3
	malignant	-20
energy and drive	normal	0
	hyperactive	-5
	hypoactive	-5
judgment	intact	0
	impaired	-5
hallucinations	none	0
	auditory and/or visual	-10

Functional Abilities	Finding	Points
reads and writes letters	yes	2
	no	0
able to use telephone	yes	5

	no	0
able to bank and shop	yes	5
	no	0
able to prepare simple meals and bake	yes	7
	no	0
washes dresses and toilets self without assistance	yes	5
	no	0
uses public transportation	yes	7
	no	0
able or would be able to take own medication and follow diet	yes	10
	no	0

Support from the Community	Finding	Points
ethnic compatibility	yes	2
	no	0
If living alone can get support and help from a reliable relative friend neighbor or janitor	yes	10
	no	0
able to shop at reliable grocer's who is willing to deliver when necessary	yes	5
	no	0
club available who is geared to the aged	yes	2
	no	0
church or synagogue available and supportive	yes	1
	no	0
library available	yes	1
	no	0

other facilities available and supportive (park shopping center restaurant movie theaters etc.)	yes	1
	no	0
public health nurses available	yes	2
	no	0
meals-on-wheels services available	yes	2
	no	0
homemaker services available	yes	2
	no	0
friendly visitors available	yes	2
	no	0
hospital with emergency room and clinic facilities available	yes	2
	no	0
public transportation	yes	2
	no	0

Other	Finding	Points
living quarters	able to access (elevator ground floor etc.)	3
	difficult access	0
relatives and friends	not married but lives with compatible and helpful relatives or friends	5
	lives with incompatible relative friend or spouse	0
	lives with able and compatible spouse	10
financial situation	totally independent	5
	dependent on helping relatives	3
	dependent on Social Security or other community resources	0

geriatric functional rating scale = SUM(points for all of the measures)

Interpretation:

- minimum score: -118
- maximum score: +101

Score	Interpretation
> 40	able to live in their own home setting; do not need to enter an institution
20 - 40	requires some supportive care but does not need to enter an institution; may benefit from a day care program
< 20	requires care in a suitable institution

References:

Grauer H Birnbom F. A Geriatric Functional Rating Scale to determine the need for institutional care. J Am Geriatrics Soc. 1975; 23: 472-476.