



TAKE THE VULNERABLE ELDERLY SURVEY FOR YOURSELF OR YOUR OLDER ADULT FAMILY MEMBER

PATIENT INSTRUCTIONS

Maintaining health is important for everyone—and it's particularly important for older adults. The good news is that quality healthcare can help you maintain your health and function even if you are at risk of health decline. Take this short survey to determine if you are at increased risk for health decline over the next two years, and talk to your doctor about the results.

Please circle the answer that best describes your age and health. For questions about your activities, answer *Yes* or *No*. Then follow the instructions for adding up your score.

65–74 years (0 points)

75–84 years (1 point)

85 years or older (3 points)

Excellent or good (0 points)

Fair or poor (1 point)

Stooping, crouching, or kneeling?

Lifting or carrying objects as heavy as
10 pounds, like a sack of potatoes?

Reaching or extending arms
above shoulder level?

Writing, or handling and
grasping small objects?

Walking a quarter of a mile?
That's about 2 or 3 blocks.

Heavy housework such as scrubbing
floors or washing windows?

Shopping for personal items, like
toilet items or medicines?

Managing money, like keeping track
of expenses or paying bills?

Walking across the room? (USE OF CANE
OR WALKER IS OK.)

Doing light housework, like washing
dishes, straightening up, or light
cleaning?

Bathing or showering?

REFERENCE

Saliba D, Elliot M, Rubenstein LZ et al. The Vulnerable Elders Survey: A Tool for Identifying Vulnerable Older People in the Community. *Journal of the American Geriatrics Society*. 2001;49:1691–1699.