

# Older Population Classifications

Spirduso, 2005

# Functional Classification Model

Physically Elite

Physically Fit

Physically Independent

Physically Frail

Physically Dependant

# Older Population Classifications (Spirduso, 2005)

## Physically Dependent/Frail

- People who need assistance with basic ADL or IADLs (instrumental activities of daily living)

## Physically Independent

- Fully functional people now, but low activity levels may cause physical declines leading to frailty

## Physical Fit/Elite

- Highly active people who should remain mobile into late life, barring injury or illness