

Table 1: Measurement tools used in this cross-sectional study that assessed patients aged 65 years and over in their general practitioners' offices.

No	Name	Assessed aspect	Number of questions	Score and classification of patients	Validation (international/ in Poland)
1	ADL	level of independence in the area of basic activities	6	5-6 points (p.) – full functionality 3-4 p. – moderate functional impairment 0-2 p. – severe functional impairment	Katz ¹² /not available
2	IADL	independence in more complex living skills	8	8-24 p. – the higher the score, the more independent the patient is	Lawton, Brody ¹³ /not available
3	MMSE	cognitive functions	30	27-30 p. – normal cognition 24-26 p. – mild cognitive impairment 19-23 p. – suspicion of mild dementia 11-18 p. – moderate cognitive impairment ≤10 p. – severe cognitive impairment	Folstein, Folstein, McHugh ¹⁴ /Parnowski ¹⁵
4	GDS	depressive symptoms	15	0-5 p. – normal state 6-10 p. – mild depression 11-15 p. – severe depression	Sheikh, Yesavage ¹⁶ /Albiński ¹⁷
5	TT	mobility	the time needed to stand up from a chair, walk a distance of 3 meters, turn, walk back and sit down	≥ 14 sec. – increased risk of falls	Podsiadlo, Richardson ¹⁸ /not available
6	MNA	nutritional status	6	12-14 p. – adequate nutritional status 8-11 p. – the risk of malnutrition 0-7 p. – malnutrition	Rubenstein ¹⁹ /Kostka ²⁰
7	CFS	frailty syndrome (a state of increased sensibility to stressors)	9 categories	1 - very fit 2 - well 3 - managing well 4 - vulnerable 5 - mildly frail 6 - moderately frail 7 - severely frail 8 - very severely frail 9 - terminally ill	Rockwood ²¹ /Oviedo-Briones ²² } fit patients } frail patients
8	AIS	insomnia	8	0-5 p. – lack of insomnia 6-10 p. – minor problems with sleep 11-24 p. – presence of insomnia	Soldatos, Dikeos, Paparrigopoulos ²³ /Fornal-Pawłowska ²⁴