**Introduction**

Frailty & Parkinson’s disease (PD) have discrete symptoms & often co-exist in community-dwelling older adults [1,2].

Physical frailty includes both the loss of functional capacity & the accumulation of co-morbidities [3].

Females with PD often have more severe motor symptoms than males, increasing their risk for frailty [4].

Quality of life (QoL) is increasingly recognized as an important component of care for persons with PD [5].

**Objective:**

1. Determine what physical frailty characteristics best describe frailty status;
2. What components of QoL best discriminate frailty status in persons with PD?

**Methods**

Inclusion: Hoehn & Yahr I-III and in a steady clinical state.

Assessment was conducted during-off state (1-2hrs post-PD meds).

- **Frailty Phenotype** [3]:
  - Nonfrail (0 items)
  - Prefrail (1-3 items)
  - Frail (3-5 items)

- **Parkinson’s disease Questionnaire-39** [6]: (QoL in 8 categories over 39 items)
  - mobility
  - ADL
  - emotional well-being
  - stigma
  - social support
  - cognition
  - communication
  - bodily discomfort

**Statistical analysis** was done (p<0.05):
- Pearson correlation identified association between participant/disease characteristics & frailty status (r value).
- Logistic & stepwise regressions determined which factors best predict frailty status & strength of the prediction (odds ratio, 95% CI).

**Results**

- **Frailty status & strength of the prediction (odds ratio, 95% CI)**

**Characteristics & frailty status (r value)**: Pearson correlation identified association between participant/disease boundary.

**Statistical analysis** was done (p<0.05).

- **Best describe frailty status; & 2) What components of QoL best describe frailty status;**

**Conclusion**

- PD severity & QoL are related to frailty status in PD.
- Self-reported exhaustion discriminated frailty status.
- QoL, impacted by poor mobility, discriminated frailty status.
- Females with PD are more vulnerable to frailty than males.

**Recommendations**

Managing persons with PD at-risk for frailty is a priority health issue; accurate early detection of frailty in PD, especially in females, is key to optimizing management strategies that can effectively delay further functional decline.

**Future Directions:**

1) strong association between frailty & being female warrants further investigation into a sex-specific disease course.
2) additional measures that include cognitive, functional & social aspects of frailty should be validated in the older PD population.

**Recommendations**

- **Funding sources:**