**Patient-related symptoms/concerns**

- Falls
- Mobility change
- Post-hospital decrease in IADL
- Weight loss/fatigue

Initial GP visit

**Primary care**

- Clinical review
- 4-metre gait speed
- Get up and go test
- Electronic frailty index (eFl) or similar tool

Confirm or exclude presence of frailty

**Assessment procedures**

- Comprehensive assessment of functional status
- Confirmation of fragility diagnosis
- Review of glycaemic goals
- Exclude vascular and neuropathic causes of mobility impairment

**Diabetes specialist/geriatrician**

- Clinical review
- Fried score
- Frail score
- SPPB
- Grip strength
- 4-metre gait speed
- Diagnosis of sarcopaenia (dema scan)
- Evaluate and/or exclude peripheral neuropathy (monofilament or vibration perception)
- Evaluate PVD and referral for further assessment if required — (Epidemiological evidence suggests utility of ABPI even in the absence of symptoms)

**Initial management plan**

- Opportunity for referral

- Promote positive lifestyle intervention with regular exercise
- Nutritional assessment and exclude vitamin D deficiency
- Review glucose control and medications according to functional status

**Initial GP visit**

**Abbreviations:** IADL=instrumental activities of daily living; SPPB=short physical performance battery; ABPI=ankle-brachial pressure index; PVD=peripheral vascular disease.