

## Supplementary file 1. Groningen Frailty Indicator questionnaire

### Physical components

Are you able to carry out these tasks single-handedly and without any help? (The use of help resources, such as a walking stick, walking frame, or wheelchair, is considered to be independent.)

1. Shopping
2. Walking around outside (around the house or to the neighbours)
3. Dressing and undressing
4. Going to the toilet
  
5. What mark do you give yourself for physical fitness? (Scale 0 to 10)
6. Do you experience problems in daily life because of poor vision?
7. Do you experience problems in daily life because of being hard of hearing?
8. During the past 6 months have you lost a lot of weight unwillingly?
9. Do you take 4 or more different types of medicine?

### Cognitive component

10. Do you have any complaints about your memory?

### Social component

11. Do you sometimes experience emptiness around yourself?
12. Do you sometimes miss people around yourself?
13. Do you sometimes feel abandoned?

### Psychological component

14. Have you recently felt downhearted or sad?
15. Have you recently felt nervous or anxious?

### Scoring:

Questions 1-4:	No=1; Yes=0
Question 5:	0-6=1; 7-10=0
Question 6-9:	Yes=1; No=0
Question 10:	Yes=1; Sometimes=0; No=0
Questions 11-15:	Yes=1; Sometimes=1; No=0

## REFERENCE

- 1 Steverink N, Slaets J, Schuurmans H, *et al.* Measuring frailty: Developing and testing the GFI (Groningen Frailty Indicator). *Gerontologist* 2001;**41**:236–7.