**Additional file 1**

**Table:** Detail of the questionnaire for the calculation of the frailty index [from Searle SD, Mitnitski A, Gahbauer EA, Gill TM, Rockwood K. A standard procedure for creating a frailty index. BMC Geriatr. 2008; 30: 24].

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| Help Bathing | Yes = 1 | No = 0 |  |  |  |
| Help Dressing | Yes = 1 | No = 0 |  |  |  |
| Help getting in/out of Chair | Yes = 1 | No = 0 |  |  |  |
| Help Walking around house | Yes = 1 | No = 0 |  |  |  |
| Help Eating | Yes = 1 | No = 0 |  |  |  |
| Help Grooming | Yes = 1 | No = 0 |  |  |  |
| Help Using Toilet | Yes = 1 | No = 0 |  |  |  |
| Help up/down Stairs | Yes = 1 | No = 0 |  |  |  |
| Help lifting 10 lbs | Yes = 1 | No = 0 |  |  |  |
| Help Shopping | Yes = 1 | No = 0 |  |  |  |
| Help with Housework | Yes = 1 | No = 0 |  |  |  |
| Help with meal Preparations | Yes = 1 | No = 0 |  |  |  |
| Help taking Medication | Yes = 1 | No = 0 |  |  |  |
| Help with Finances | Yes = 1 | No = 0 |  |  |  |
| Lost more than 10 lbs in last year | Yes = 1 | No = 0 |  |  |  |
| Self Rating of Health | Poor = 1 | Fair = 0.75 | Good = 0.5 | Good = 0.25 | Excellent = 0 |
| How Health has changed in last year | Worse = 1 | Better/Same = 0 |  |  |  |
| Stayed in Bed at least half the day due to health (in last month) | Yes = 1 | No = 0 |  |  |  |
| Cut down on Usual Activity (in last month) | Yes = 1 | No = 0 |  |  |  |
| Walk outside | <3 days = 1 | ≤ 3 days = 0 |  |  |  |
| Feel Everything is an Effort | Most of time = 1 | Sometime = 0.5 | Rarely = 0 |  |  |
| Feel Depressed | Most of time = 1 | Sometime = 0.5 | Rarely = 0 |  |  |
| Feel Happy | Most of time = 1 | Sometime = 0.5 | Rarely = 0 |  |  |
| Feel Lonely | Most of time = 1 | Sometime = 0.5 | Rarely = 0 |  |  |
| Have Trouble getting going | Most of time = 1 | Sometime = 0.5 | Rarely = 0 |  |  |
| High blood pressure | Yes = 1 | Suspect = 0.5 | No = 0 |  |  |
| CHF / heart attack | Yes = 1 | Suspect = 0.5 | No = 0 |  |  |
| Stroke | Yes = 1 | Suspect = 0.5 | No = 0 |  |  |
| Cancer | Yes = 1 | Suspect = 0.5 | No = 0 |  |  |
| Diabetes | Yes = 1 | Suspect = 0.5 | No = 0 |  |  |
| Arthritis | Yes = 1 | Suspect = 0.5 | No = 0 |  |  |
| Chronic Lung Disease | Yes = 1 | Suspect = 0.5 | No = 0 |  |  |
| BMI | Men<18.5 and ≥ 30 = 125-<30 = 0.5≥18.5 -<30 = 0 | Women<18.5 and ≥ 30 = 125-<30 = 0.5≥18.5 -<30 = 0 |  |  |  |

CHF: Chronic heart failure. BMI: Body mass index.