

**Appendix One: The Community-Oriented Frailty Index List of Variables Assessed**

<b>Variable</b>	<b>Variable Type</b>	<b>Variable Description</b>	<b>Measure</b>	<b>Coding</b>
Walking 100	Physical	Difficulty walking 100 yards	Functional Limitations Profile	Ambulatory Section. Difficulty mentioned = 1
Chair Get Up	Physical	Difficulty getting up from chair	Sit/Stand	Able = 0 Unable = 1
Sit-To-Stand	Physical	Time to stand up from sitting position.	Sit/Stand	<i>(Quadrants)</i> <2.38 seconds = 0 3.10 to 4.09 seconds = .25 4.10 to 5.09 seconds = .50 5.10 to 7.55 seconds = .75 ≥7.56 seconds/unable = 1
Exercise Frequency	Physical	How many days a week do participants exercise 30 minutes or more	Well-Being Assessment	<i>(Quadrants)</i> 0-1 times per week = 1 2-3 times per week = 0.66 4 times per week = 0.33 5-7 times per week = 0
Stairs	Physical	Difficulty climbing stairs	Functional Limitations Profile	Ambulatory Section. Difficulty mentioned = 1
Dressing	Physical	Being able to dress oneself	ADL	No = 1 Yes = 0
Walking	Physical	Difficulty walking across room	Functional Limitations Profile	Ambulatory Section. Difficulty mentioned = 1
Bathing	Physical	Being able to bathe oneself	ADL	No = 1 Yes = 0
Eating	Physical	Being able to feed oneself	ADL	No = 1 Yes = 0
Bed	Physical	Being able to get in/out of bed	ADL	No = 1 Yes = 0
Toilet	Physical	Being able to use the toilet/continence	ADL	No = 1 Yes = 0
Hot Meal	Physical	Difficulty preparing a hot meal	IADL	Needs to have meals prepared and served (4) = 1
Shopping	Physical	Difficulty shopping	IADL	Needs to be accompanied (3)/ unable to shop (4) = 1

DEVELOPMENT AND VALIDATION OF THE COM-FI

Telephone	Psychological	Difficulty using the phone	IADL	Does not use telephone (4) = 1
Medication	Psychological	Difficulty taking medication	IADL	Is not capable of dispensing own medication (3) = 1
Money	Psychological	Difficulty handling money	IADL	Needs help with major banking (2)/unable to handle money (3) = 1
Housework	Physical	Difficulty completing housework	IADL	Performs light tasks but can't maintain cleanliness(3)/needs help (4)/does not participate (5) = 1
Self-report	Psychological	Self-reported health	General Health	<i>Ordinal scale</i> Poor = 1 Fair = 0.75 Good = 0.5 V Good = 0.25 Excellent = 0
Depressed	Psychological	Depressed mood	HADS	<i>(Based on HADs Scoring Scale)</i> Score 0 - 7 = 0 Score 8 – 10 = 0.5 Score 11+ = 1
Restless Sleep	Physical	Waking up at night	Functional Limitations Profile	Sleep Section. 86 = 1
Happy	Psychological	Feeling cheerful	HADS	'I feel cheerful' (11) most of the time = 0
Enjoy Life	Psychological	Enjoying things in life	HADS	'I still enjoy the things I used to enjoy' (3) definitely as much/not quite as much = 0
Walking Speed	Physical	Time taken to walk 7m, in seconds	General Health	<i>(quadrants)</i> <0.5m/sec = 1 0.51 to 0.55 m/sec = 0.75 0.56 to 0.84 m/sec = 0.5 0.85 to 1.20 m/sec = 0.25 >1.21 m/sec = 0
Day	Psychological	Knowing the date	ACE-III	Correct = 0 Incorrect = 1
Month	Psychological	Knowing the month	ACE-III	Correct = 0 Incorrect = 1
Year	Psychological	Knowing the year	ACE-III	Correct = 0 Incorrect = 1

DEVELOPMENT AND VALIDATION OF THE COM-FI

Weekday	Psychological	Knowing the day of the week	ACE-III	Correct = 0 Incorrect = 1
Immediate Recall	Psychological	Immediate word recall	ACE-III	Score 3 = 0 Score less than 3 = 1
Fluency	Psychological	Verbal fluency (animals and p words)	ACE-III	<i>(quadrants)</i> Score 7 or lower = 1 Score 8 = 0.75 Score 9/10 = 0.5 Score 11 = 0.25 Score 12+ = 0
Delayed Recall	Psychological	Delayed word recall	ACE-III	<i>(quadrants)</i> Score 0 = 1 Score 1 = 0.66 Score 2 = 0.33 Score 3 = 0
MMSE	Psychological	MMSE score	ACE-III	Total score 23 or lower = 1 Total score 24 or higher = 0
Blood Pressure	Physical	Low or High blood pressure	Well-being nurse assessment	Diagnosed = 1
CHD	Physical	Coronary Heart Disease	Wellbeing nurse assessment	Diagnosed = 1
Diabetes	Physical	Diabetes	Wellbeing nurse assessment	Diagnosed = 1
Stroke	Physical	Whether participant has had a stroke	Wellbeing nurse assessment	Diagnosed = 1
Lung Disease	Physical	Lung Diseases	Wellbeing nurse assessment	Diagnosed = 1
Asthma	Physical	Asthma	Wellbeing nurse assessment	Diagnosed = 1
Arthritis	Physical	Arthritis	Wellbeing nurse assessment	Diagnosed = 1
Osteoporosis	Physical	Osteoporosis	Wellbeing nurse assessment	Diagnosed = 1
Cancer	Physical	Cancer	Wellbeing nurse	Diagnosed = 1

DEVELOPMENT AND VALIDATION OF THE COM-FI

			assessment	
Parkinson's	Physical	Parkinson's	Wellbeing nurse assessment	Diagnosed = 1
Psychiatric	Psychological	Psychiatric Disorders	Wellbeing nurse assessment	Diagnosed Schizophrenic/Bipolar/Depression = 1
Dementia	Psychological	Dementia	Wellbeing nurse assessment	Diagnosed = 1
Eyesight	Physical	Issues with eyesight	Wellbeing nurse assessment	Diagnosed = 1
Self-reported Hearing	Physical	Self-reported hearing	Wellbeing nurse assessment	Problem mentioned = 1
Hip Fracture	Physical	Has participant ever had a hip fracture	Wellbeing nurse assessment	Fracture Recorded = 1
Joint Replacement	Physical	Has participant ever had a joint replacement	Wellbeing nurse assessment	Replacement Recorded = 1
BMI	Physical	Body Mass Index	Wellbeing nurse assessment	<i>Based on Rockwood et al(2008) continuous variables</i> Below 18 =1 18 – 25 = 0 25 – 30 = 0.5 Above 30 = 1
Grip Strength	Physical	Grip Strength(kg)	General Health	<i>Based on Rockwood et al(2008) continuous variables</i> For men: Below 30 = 1 Above 30.1 = 0 For women: Below 18 = 1 Above 18.1 = 0
Exhaustion	Physical	In the past week, has everything you did felt like an effort?	General Health	<i>Ordinal Scale</i> Rarely (0 days)= 0 Some of the time (1-2 days) = 0.33 Occasionally (3-4 days) = 0.66 Most or all of the time (5-7 days) = 1

DEVELOPMENT AND VALIDATION OF THE COM-FI

Polypharmacy	Physical	How many prescribed medications do you take?	Wellbeing nurse assessment	$\geq 4 = 1$ $< 4 = 0$
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