**Appendix A –**

Table A1. Feasibility, prevalence, sensitivity and specificity of of Frailty Index domains

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Deficit | Feasibility, n (%) | Prevalence, n (%) | sensitivity(%) | specificity (%) |
| 1. Depedence in eating meals
 | 413 (99.3%) | 70 (16.8%) | 24.9 | 100 |
| 1. Dependence in transfer from bed to chair
 | 412 (99%) | 115 (27.6%) | 42.2 | 99.3 |
| 1. Dependence in grooming
 | 413 (99.3%) | 80 (19.2%) | 27.7 | 99.3 |
| 1. Dependence in using toilet
 | 413 (99.3%) | 133 (32%) | 49.8 | 100 |
| 1. Dependence in taking bath
 | 411 (98.8%) | 202 (48.6%) | 73.1 | 94.6 |
| 1. Dependence in walking
 | 415 (99.8%) | 123 (29.6%) | 44.6 | 99.3 |
| 1. Dependence in climbing stairs
 | 411 (98.8%) | 184 (44.2%) | 63.1 | 89.1 |
| 1. Dependence in dressing
 | 413 (99.3%) | 137 (32.9%) | 50.2 | 98.7 |
| 1. Incontinence
 | 411 (98.8%) | Urine or stool – 151 (36.3%)Urine and stool– 47 (11.3%) | 28.2 | 98.3 |
| 1. Dependence in housework
 | 405 (97.4%) | 304 (73.1%) | 96.4 | 62.6 |
| 1. Dependence in preparing meals
 | 405 (97.4%) | 228 (54.8%) | 81.5 | 89.1 |
| 1. Dependence in shopping
 | 405 (97.4%) | 279 (67.1%) | 93.6 | 74.8 |
| 1. Dependence in handling money
 | 408 (98.1%) | 178 (42.8%) | 63.5 | 92.5 |
| 1. Dependence in using telephone
 | 409 (98.3%) | 136 (32.7%) | 49 | 96.6 |
| 1. Dependence in taking medicines
 | 409 (98.3%) | 174 (41.9%) | 61 | 91.2 |
| 1. Self-assessment of health status compared to other people of similar age
 | 359 (86.3%) | Rather better – 130 (31.3%)Rather worse – 159 (38.2%)Much worse – 61 (14.7%) | 62.5 | 59.2 |
| 1. Vision problems
 | 374 (89.9%) | 137 (32.9%) | 44.6 | 83 |
| 1. Hearing problems
 | 373 (89.7%) | 117 (28.1%) | 38.2 | 85 |
| 1. Chewing problems
 | 374 (89.9%) | 112 (26.9%) | 35.7 | 84.3 |
| 1. Feeling lonely
 | 368 (88.5%) | sometimes – 151 (36.4%)often – 95 (22.8%) | 44.6 | 70.1 |
| 1. Hospitalization in last year
 | 386 (92.8%) | 122 (29.5%) | 34.1 | 80.9 |
| 1. Polypharmacotherapy
 | 407 (97.8%) | 322 (77.4%) | 83.9 | 32.6 |
| 1. Falls in last year
 | 358 (86.1%) | 157 (43.9%) | 43.4 | 67.3 |
| 1. Hypertension
 | 416 (100%) | 327 (78.6%) | 78.7 | 20.4 |
| 1. Ischemic heart disease
 | 416 (100%) | 223 (53.6%) | 57.4 | 51.7 |
| 1. History of heart infarct
 | 416 (100%) | 39 (9.38%) | 12.1 | 94.6 |
| 1. Heart failure
 | 416 (100%) | 162 (38.9%) | 47.8 | 76.2 |
| 1. History of stroke/TIA
 | 416 (100%) | 56 (13.5%) | 18.5 | 95.2 |
| 1. Diabetes
 | 416 (100%) | 126 (30.3%) | 31.3 | 74.8 |
| 1. Asthma/COPD
 | 416 (100%) | 42 (10.1%) | 10.8 | 90.5 |
| 1. Active neoplasm
 | 416 (100%) | 32 (7%) | 7.6 | 93.9 |
| 1. Arthritis
 | 416 (100%) | 324 (77.9%) | 81.9 | 25.8 |
| 1. Osteoporosis
 | 416 (100%) | 74 (17.8%) | 17.3 | 83.7 |
| 1. Dementia
 | 416 (100%) | severe-27 (6.5%); moderate-45 (10.8%);mild- 64 (15.4%):MCI-44 (10.6%) | 40.6 | 83 |
| 1. Parkinson’s disease
 | 416 (100%) | 55 (13.2%) | 18.5 | 96.6 |
| 1. Risk of depression (GDS scale)
 | 318 (76.4%) | 181 (56.9%) | 38.4 | 88.9 |
| 1. Weight loss 5kg/last year
 | 406 (97.6%) | 76 (18.7%) | 19.7 | 83 |
| 1. Low handgrip
 | 337 (81.0%) | 220 (65.3%) | 69.1 | 60.5 |
| 1. Slowness of gait (4,6m)
 | 308 (74.0%) | 160 (51.9%) | 55.8 | 81.6 |
| 1. Risk of falls (POMA scale)
 | 322 (77.4%) | 199 (61.8%) | 37.4 | 99.3 |