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S1. Overview of testing methods				
Geriatric condition	Testing method	Source	Range of score (Cut-off value)	Additional information/time needed
Baseline assessment				
A. Geriatric Assessment		Patient	0-7 (≥2 Geriatric impairments*)	<i>Approximately 60 minutes</i>
1. ADL	Katz-6 (1)	Patient	0-6 (≥1 dependent)	<i>Corrected for age and education level Renal comorbidity excluded - If patients were immobile the TUG was scored as severely impaired. - Average of three measurements</i>
2. IADL	Lawton and Brody (2)	Patient	0-7 (≥1 dependent)	
3. Cognition		Patient	≥1 impaired test	
	MMSE (3)	Patient	0-30 (<25)	
	Clock (4)	Patient	0-14 (<11)	
	ECR (5)	Patient	0-16 (<14)	
	Semantic fluency test (6)	Patient	- (<5 th percentile)	
4. Comorbidity	CIRS-G (7) - Severe	Patient	≥ 2x score 3 or ≥1x score 4	
5. Mobility	TUG (8) - Mildly impaired - Severely impaired	Patient	- 10-20 seconds >20 seconds	
6. Mood	GDS (9,10)	Patient	0-15 (≥5)	
7. Nutritional status	MNA (11) - At risk for malnutrition - Malnourished	Patient	0-30 17-23.5 <17	
B. Fried frailty index (12)		Patient	0-5 (≥3)	<i>Approximately 10 minutes</i>
Malnutrition	1. Unintentionally weight loss (≥4,5kg or ≥5% of total body weight) in previous year	Patient	Yes=1, No=0	
General health	2. Exhaustion	Patient	Yes=1, No=0	
Physical performance	3. Physical activity: Last 3 months ≥4 hours sedentary lifestyle, no activities like cycline or running	Patient	Yes=1, No=0	
	4. 4 meter walking test	Patient	≥6 seconds=1, <6 seconds=0	
	5. Handgrip strength (13)	Patient	<u>Men</u> ≥70 years: 21.4kg (=1) <70 years: 28.2kg (=0) <u>Women</u> ≥70 years: 14.7kg (=1) <70 years: 15.4kg (=0)	
C. GFI (14)		Patient	0-15 (≥4)	<i>Approximately 10 minutes</i>

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Physical performance	Are you able to carry out these tasks single-handedly and without any help? (The use of aids such as a walking stick, walking frame, wheelchair, is considered as independent).	
	1. Shopping	Yes=0, No=1
	2. Walking around outside	Yes=0, No=1
	3. Dressing and undressing	Yes=0, No=1
	4. Going to the toilet	Yes=0, No=1
General health	5. What mark do you give yourself for physical fitness? (scale 0 to 10)	0-6=1, 7-10=0
Neurosensory deficits	6. Do you experience problems in daily life because of poor vision	Yes=1, No=0
	7. Do you experience problems in daily life because of being hard hearing?	Yes=1, No=0
Malnutrition	8. During the past 6 months have you lost a lot of weight unwillingly (3kg in 1 month or 6 kg in 2 months)	Yes=1, No=0
Polypharmacy	9. Do you take 4 or more different types of medicine?	Yes=1, No=0
Cognition	10. Do you have any complaints about your memory?	No=0, Sometimes=1, Yes=1
Mood, psychosocial	11. Do you sometimes experience emptiness around you?	No=0, Sometimes=1, Yes=1
	12. Do you sometimes miss people around you?	No=0, Sometimes=1, Yes=1
	13. Do you sometimes feel abandoned?	No=0, Sometimes=1, Yes=1
	14. In the past 4 weeks did you feel downhearted or sad?	No=0, Sometimes=1, Yes=1
	15. In the past 4 weeks did you feel nervous or anxious?	No=0, Sometimes=1, Yes=1

Functional status

Functional status	KATZ-6 (ADL) + LiADL (IADL)	Patient	0-13 (0 fully independent, 1-5 mild/moderate dependence, >5 severe dependence on care)
Functional change	Difference between functional status at baseline and functional status at follow-up	Patient	-13-13 (≥ -1 decline, $\geq +1$ improvement, 0 stable)

Other

NPI (15)		Caregiver	0-12 (≥ 1 yes)	
IDDD (16)		Caregiver	0-33 ($\geq 1 \times$ score 2 (more help needed) or 3 (much more help needed))	
Caregiver burden	SPPIC (17)**	Caregiver	0-9 (≥ 4 moderate burden, ≥ 7 high burden)	<i>Not available in English, unofficial translation used from (18)</i>
1. As a consequence of the situation of my ..., I have too little time for myself			No!=0, No=0, More or less=1, Yes=1, Yes!=1	
2. Combining the responsibility of my ... and my family and work is			No!=0, No=0, More or	

challenging	less=1, Yes=1, Yes!=1
3. As a consequence of my involvement in the care of ... I do not pay enough attention to others	No!=0, No=0, More or less=1, Yes=1, Yes!=1
4. I must always be available for my ...	No!=0, No=0, More or less=1, Yes=1, Yes!=1
5. My independence gets into trouble through the care of ...	No!=0, No=0, More or less=1, Yes=1, Yes!=1
6. The situation of my ... constantly demands my attention	No!=0, No=0, More or less=1, Yes=1, Yes!=1
7. Because of my involvement by ... I am getting into conflicts at home or at work	No!=0, No=0, More or less=1, Yes=1, Yes!=1
8. The situation of my... is a constant preoccupation	No!=0, No=0, More or less=1, Yes=1, Yes!=1
9. Generally speaking I feel very pressured by the situation of my...	No!=0, No=0, More or less=1, Yes=1, Yes!=1
MMSE, mini mental state examination; ECR, enhanced cued recall; CIRS-G, Cumulative illness rating scale for geriatrics; ADL, activities of daily living, IADL, instrumental activities of daily living; TUG, timed up and go test; GDS, geriatric depression scale; MNA, mini nutritional assessment; GFI, Groningen Frailty Index; NPI, neuropsychological inventory; IDDD, interview of deterioration in daily life dementia; SPPIC, Self-Perceived Pressure from Informal Care.	
* Impairment in cognition, comorbidity, ADL, IADL, mobility, mood or nutrition.	
** The SPPIC scores were dichotomized and summed subsequently. Scores 1 and 2 were recorded into 0 (not perceiving pressure) and scores 3, 4 and 5 were recorded into 1 (perceiving pressure).	

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Table S2. Baseline characteristics for the different functional dependencies				
	Total (n=187)	Functional dependence at baseline		
		Independent (n=40)	Mild/moderate (n=96)	Severe (n=51)
Age mean (±SD)	75 (7)	73 (5)	75 (6)	78 (7)
Women	61 (33%)	8 (20%)	33 (34%)	20 (39%)
Single/widow	78 (42%)	21 (53%)	35 (37%)	22 (43%)
Living at nursing home	10 (5%)	0 (0%)	1 (1%)	9 (18%)
Intoxications				
- Smoker* (n, %)	137 (73%)	31 (82%)	68 (74%)	38 (78%)
- Current alcohol use	73 (41%)	19 (50%)	35 (39%)	19 (39%)
Underlying kidney disease				
- Diabetes	29 (16%)	3 (8%)	13 (14%)	13 (26%)
- Vascular	93 (50%)	22 (55%)	47 (49%)	24 (47%)
- Other/unknown	65 (34%)	15 (38%)	36 (38%)	14 (27%)
Hemodialysis (n,%)	144 (77%)	26 (65%)	74 (77%)	44 (86%)
Geriatric assessment				
1. Impaired ADL at baseline (n,%)	56 (30%)	0 (0%)	16 (17%)	40 (78%)
2. Impaired IADL at baseline (n,%)	146 (78%)	0 (0%)	95 (99%)	51 (100%)
3. Impaired cognition (n,%)	123 (67%)	22 (55%)	64 (68%)	37 (76%)
4. Severe comorbidity burden (n,%)	80 (43%)	11 (28%)	43 (45%)	26 (51%)
5. Severely impaired mobility (n,%)	35 (20%)	0 (0%)	7 (8%)	28 (57%)
6. Symptoms of depression (n,%)	56 (30%)	5 (13%)	23 (24%)	28 (55%)
7. Malnutrition (n,%)	10 (5%)	0 (0%)	5 (5%)	5 (10%)
Frail according to GA (≥2 impairments)	148 (77%)	10 (25%)	85 (89%)	49 (96%)
Frail according to Fried Frailty Index (≥3)	82 (46%)	5 (14%)	36 (39%)	41 (84%)
Frail according to GFI (≥4)	115 (62%)	16 (40%)	52 (54%)	47 (92%)
ADL, Activities of daily living; IADL, Instrumental activities of daily living; GA, Geriatric assessment, GFI, Groningen frailty index.				
* Smoker; if the participant has smoked but stopped, or is still smoking cigarettes.				
The following variables had missing data: cognition (2.1%), Fried frailty index (4.8%), mobility (5.3% and smoking (4.3%)				

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Table S3. Overview of impairments in (i)ADL at baseline and after 6 months of follow-up			
	Baseline (n=187)	Follow-up (n=173)	P-value
Activities of daily living (patients with impairment, %)			
Bathing	37 (20%)	33 (19%)	1.0
Dressing	29 (16%)	24 (14%)	1.0
Toileting	8 (4%)	7 (4%)	1.0
Transferring indoors	8 (4%)	8 (5%)	1.0
Incontinence	32 (17%)	29 (17%)	1.0
Feeding	1 (1%)	1 (1%)	1.0
Instrumental activities of daily living (patients with impairment, %)			
Ability to use telephone	18 (10%)	22 (13%)	0.21
Shopping	96 (51%)	92 (53%)	0.43
Food preparation	76 (41%)	81 (47%)	0.08
Housekeeping	83 (44%)	79 (46%)	0.72
Laundry	104 (56%)	106 (61%)	0.06
Mode of transportation	71 (38%)	70 (41%)	0.42
Responsibility for own medications	86 (46%)	98 (57%)	<0.01

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Table S4. Association between frailty tools and functional decline/death

	Univariate analysis			Multivariate analysis*		
	OR	95% CI	P-value	OR	95% CI	P-value
Geriatric assessment (≥ 2)	1.74	0.86-3.49	0.12	1.65	0.81-3.35	0.17
Fried Frailty Index (≥ 3)	1.56	0.86-2.83	0.14	1.46	0.80-2.68	0.22
Groningen Frailty Indicator (≥ 4)	1.95	1.07-3.56	0.03	1.97	1.05-3.68	0.03
OR, Odds ratio, 95% CI, 95% confidence interval; ADL, Activities of daily living, IADL, instrumental activities of daily living						
*Adjusted for age and gender						