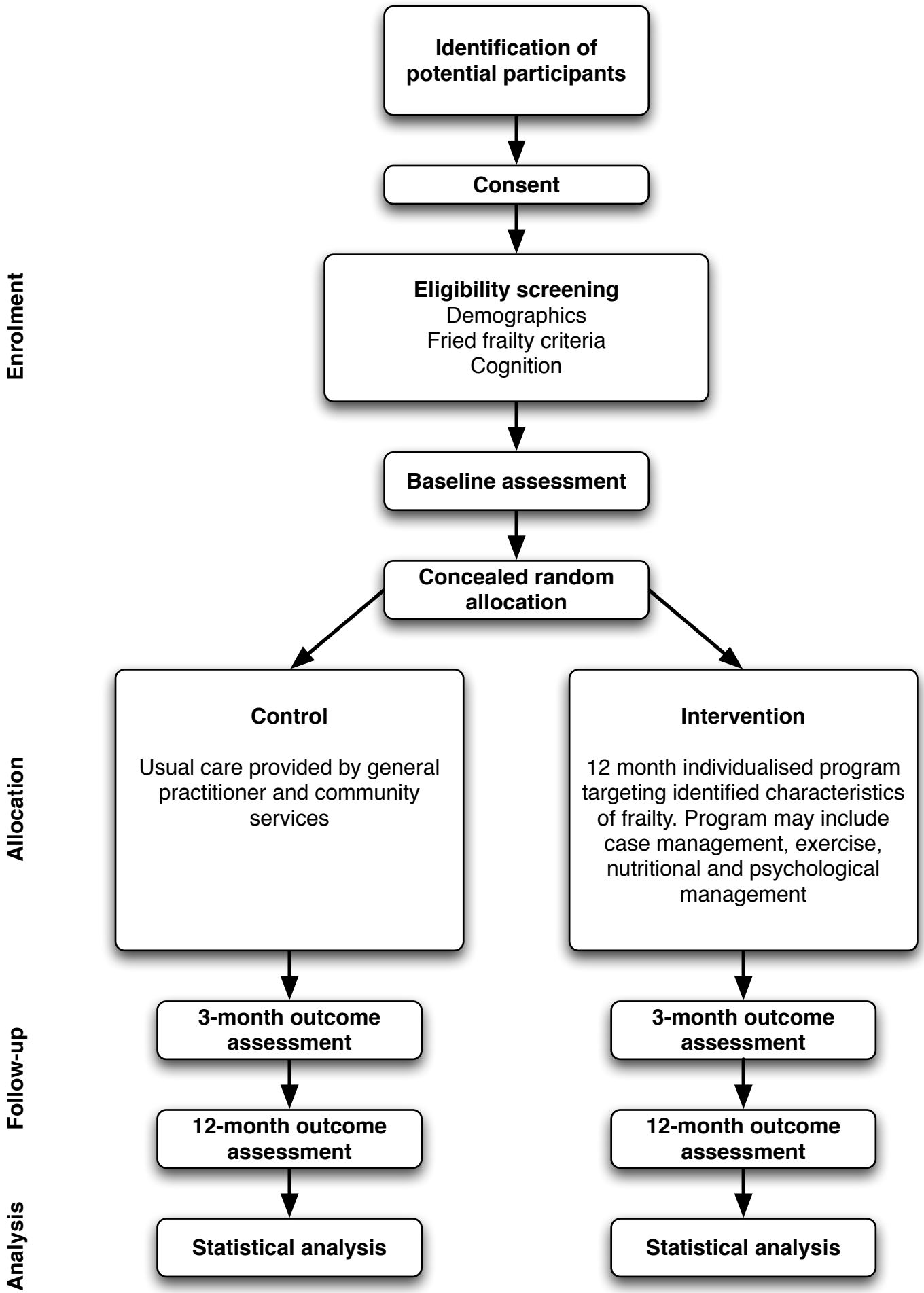
Identification of potential participants
Consent
Eligibility screening
Demographics
Fried frailty criteria
Cognition
Baseline assessment
Concealed random allocation
Control
Usual care provided by general practitioner and community services
Intervention
12 month individualised program targeting identified characteristics of frailty. Program may include case management, exercise, nutritional and psychological management
3-month outcome assessment
12-month outcome assessment
Statistical analysis
3-month outcome assessment
12-month outcome assessment
Statistical analysis
Enrolment
Allocation
Follow-up
Analysis