

Community-dwelling, transitionally frail older adults aged 70-85 from the Dutch province of Groningen

Recruitment:

- Participant information obtained by researchers
- Screening for eligibility by telephone
 - Personal characteristics (short)
 - GFI

INTERVENTION

Baseline assessment T_0 (Target N = 50) **Week 0**

- Questionnaires
 - Participant characteristics (full version)
 - FES-I
- Functional tests
 - STS, TUG, FTSS

Baseline assessment **Week 0-1**

- Week of wearing sensor in daily life

Start of intervention **Week 1**

- Phone call with SQUASH questionnaire
- Next, start training

Intervention Part 1 **Week 2-14**

- With weekly phone call

Intermediate assessment T_1 **Week 14**

- Questionnaires
 - FES-I, SQUASH, User evaluation
- Functional tests
 - STS, TUG, FTSS
- Adherence
- Daily activity based on sensor data

Intervention Part 2 **Week 15-27**

- Without weekly phone call

Follow-up assessment T_2 **Week 27**

- Questionnaires
 - FES-I, SQUASH, User evaluation
- Functional tests
 - STS, TUG, FTSS
- Adherence
- Daily activity based on sensor data

END OF STUDY