

Level of attainment	Goal of an 82 year old woman who met four frailty criteria	Goal of a 74 year old man who met three frailty criteria
Much better than expected	Able to collect mail from mailbox independently and able to walk three blocks to the post office.	Able to travel to the shopping centre independently on public transport.
Somewhat better than expected	Able to collect mail from the mailbox independently, on fine days and on rainy days.	Able to travel to the shopping centre on public transport in the presence of one other person.*
Program goal (expected performance at end of intervention)	Able to collect mail from the mailbox independently, on fine days.*	Able to travel to the shopping centre on bus provided by aged care facility. No assistance required.
Somewhat less than expected (no change in baseline performance)	Able to collect mail from the mailbox with assistance, on fine days. †	Able to travel to the shopping centre on bus provided by aged care facility with physical assistance of one person. †
Much less than expected	Unable to collect mail from the mailbox.	Requires private transport and assistance to travel to shopping centre.

*12 month score

†baseline score