Received posted invitation letter (n=14358)
Attended information session (n=354)

Did not respond (n=13475)

Assessed for eligibility via telephone (n=1237)

Excluded (n=734)
- Not meeting inclusion criteria (n=583)
  - High function
  - Manifest disability
  - Other trial inclusion criteria
- Met inclusion criteria but not required (n=151)

Randomised (n=503)

Allocated to control (n=253)
- Completed all three baseline surveys (n=234)

Allocated to intervention (n=250)
- Completed all three baseline surveys (n=237)

Analysed (n=234)
- Retirement dweller (n=53)
- Community dweller (n=181)

Analysed (n=237)
- Retirement dweller (n=52)
- Community dweller (n=185)