Frail older care recipients (n=211)

Excluded (n=46)
- No nominated carer (n=36)
- Not eligible (n=10)
- Paid carers (n=4), Dementia (n=2)
- Language diff (n=1), Illness (n=1)
- Withdrawal (n=1), not contactable (n=1)

Eligible carers (n=165)

Consented carers (n=119)

Intervention Group (n=53)

- At 6 months
  - Loss to follow-up (n=11)
  - Drop-out (n=7), Died* (n=2)
  - RACF* (n=2)
- At 12 months
  - Loss to follow-up (n=17)
  - Drop-out (n=10), Died (n=3)
  - RACF (n=4)
- At 15 months
  - Loss to follow-up (n=19)
  - Drop-out (n=11), Died (n=4)
  - RACF (n=4)

Analysed
- At 6 months n=42
- At 12 months n=36 (Completion of intervention)
- At 15 months n=34

Control Group (n=66)

- At 6 months
  - Loss to follow-up (n=10)
  - Drop-out (n=7), Died* (n=2)
  - RACF* (n=1)
- At 12 months
  - Loss to follow-up (n=27)
  - Drop-out (n=16), Died (n=7)
  - RACF (n=4)
- At 15 months
  - Loss to follow-up (n=36)
  - Drop-out (n=18), Died (n=10)
  - RACF (n=6), Illness (n=2)

Analysed
- At 6 months n=56
- At 12 months n=39
- At 15 months n=30