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**