Sample of 100 over 60s selected and invited from 4 practice databases = 400

Non response = 199
Refused to participate = 58
Declined to participate = 15
Declined to participate = 2
Positive response = 143
Appointment for baseline assessment made = 128
Declined to participate = 2
Baseline assessment completed = 126
Randomised = 126

Intervention Arm = 64
Control Arm = 62

Unable to contact = 1
Declined = 2

Completed initial welfare assessment= 64
Completed 6 month follow-up = 61
Completed 6 month welfare assessment‡ = 60
Completed 12 month follow up = 59*
Completed 12 month welfare assessment‡ = 59*
Completed 24 month follow up = 57
Completed 24 month welfare assessment‡ = 57
Deceased = 1
Deceased = 2

Completed 12 month follow up = 59†
Completed 6 month welfare assessment‡ = 57
Completed 18 month welfare assessment‡ = 52
Completed 24 month follow up = 52
Completed 24 month follow up = 57
Completed 24 month welfare assessment‡ = 57
Deceased = 1
Deceased = 2

Unable to contact = 1
Declined = 1

Unable to contact = 1
Declined = 2

* 1 intervention participant, who was not contactable at 6 months, rejoined at 12 months
† 1 control participant withdrew prior to 6 month follow up and rejoined at 12 month follow up
‡Follow-up welfare assessments were conducted by telephone unless there were any problems or cause for new claims