Screening by self-rated questionnaire:
65 years or older, eating alone, GDS-15 ≥4
Baseline evaluation: GDS-15, BADL, AADL, QOL
from the other observational study

Randomization

At 0 months

At 1 month

At 2–9 months

At 9-11 months

Postcard intervention once per month
(8 times)

At 10–11 months

Post-intervention evaluation 1:
Recollection of the number of postcards
Subject efficacy of the intervention
Number of replies received

Post-intervention evaluation 2: GDS-15, BADL, AADL, QOL
from other observational study