Recruitment:
Community-dwelling people aged 65+ notified of study via:
- Letter from GP; with, Brief study description and Response Card or,
- Brief study description with Response Card; distributed via third party referrers
- Study promotion text (on posters, leaflet or advert)

Expected number of approaches $n = 10,000$

Informed consent obtained

Baseline assessment
$n = 268$

Randomisation
$n = 268$
Randomisation triggers contact call from facilitators to participants allocated to the intervention

Intervention Group $n = 134$
16 weekly group occupational therapy sessions and 4 one-to-one sessions

Control Group $n = 134$
Usual care

Cycle 1 / 4 Groups / Area 1 $n = 45$
Cycle 2 / 4 Groups / Area 2 $n = 45$
Cycle 3 / 4 Groups / Areas 3 $n = 44$

Interviews
Participants - Post Intervention $n = 12$
(minimum across both sites and all cycles)
Facilitators - Post intervention delivery of Cycle 1 and Cycle 3 Facilitators $n = 4$
(across both sites)

6 month follow-up $n = 268$
Completion of Researcher and Participant Booklets

24 month follow-up $n = 268$
Completion of Researcher and Participant Booklets

Fig 1. Lifestyle Matters CONSORT diagram