

Supplementary Materials

Table S1. Baseline characteristics of completers and drop-outs of the home-based exercise program, and differences between both groups.

	Completers (n=195)	Drop-outs (n=43)	Difference between completers and drop-outs*
Demographic characteristics	<i>n (%)</i>	<i>n (%)</i>	<i>p-value</i>
Female	140 (72)	29 (67)	0.57
Age - mean \pm SD	80.9 \pm 6.6	82.2 \pm 6.9	0.24
Living alone	124 (64)	27 (63)	0.92
Education			
low	53 (27)	17 (40)	0.11
middle	108 (55)	22 (51)	0.62
high	34 (17)	4 (9)	0.19
Health-related outcomes	<i>mean \pm SD</i>	<i>mean \pm SD</i>	<i>p-value</i>
Quality of life (EQ-5D + cognition) ¹	0.65 \pm 0.24	0.61 \pm 0.23	0.35
Elevated fall risk - n (%)	133 (69) ^a	28 (65)	0.60
Mobility (TUG) in seconds	16.9 \pm 8.9 ^b	17.8 \pm 9.8 ^d	0.58
Concern about falling (Short FES-I)	9.8 \pm 3.9	9.7 \pm 4.7	0.84
Self-management (SMAS-S) ²	60.1 \pm 16.0 ^c	55.4 \pm 16.5	0.08
General health (SF-20) ³			
physical functioning	45.1 \pm 31.6 ^c	45.0 \pm 32.4	0.98
role functioning	29.2 \pm 41.1	26.7 \pm 42.7	0.72
social functioning	74.5 \pm 32.7	63.7 \pm 38.6	0.10
mental health	73.2 \pm 20.8 ^c	72.3 \pm 20.5	0.79
current health perceptions	46.9 \pm 21.1 ^c	44.1 \pm 21.4	0.43
pain	31.9 \pm 27.8	37.8 \pm 26.9	0.21

SD: Standard deviation; ¹: Mean scores range from 0 (death) to 1 (full health); ²: Scores range from 0-100, a higher score means better self-management abilities; ³: Scores range from 0-100, a higher score means better functioning, and for pain, a higher score means a higher degree of pain; ^a: n=192; ^b: n=178, as seventeen participants were not able to do the test; ^c: n=194; ^d: n=39, as four participants were not able to do the test; *: Independent samples t-test for continuous variables, Chi-squared test for dichotomous variables. A p-value <0.05 is considered a statistically significant difference.

Table S2. Baseline and follow-up health-related outcomes of individuals frequently participating in the home-based exercise program.

	Baseline frequent participation (n=102)	Follow-up frequent participation (n=102)
Health-related outcomes	<i>mean ± SD</i>	<i>mean ± SD</i>
Quality of life (EQ-5D + cognition) ¹	0.70 ± 0.23	0.70 ± 0.26 ^c
Elevated fall risk - n (%)	65 (64) ^a	
Mobility (TUG) in seconds	16.2 ± 7.9 ^b	16.9 ± 9.1 ^d
Concern about falling (Short FES-I)	9.9 ± 3.6	9.9 ± 4.3 ^c
Self-management (SMAS-S) ²	63.8 ± 14.9	61.6 ± 14.5
General health (SF-20) ³		
physical functioning	50.2 ± 32.0	51.7 ± 31.1 ^e
role functioning	34.3 ± 43.9	36.3 ± 42.3
social functioning	76.3 ± 32.5	73.9 ± 33.4
mental health	74.1 ± 20.8 ^a	75.1 ± 20.8
current health perceptions	47.1 ± 20.5	49.0 ± 19.4 ^c
pain	35.8 ± 27.1	36.0 ± 26.7

SD: Standard deviation; ¹: Mean scores range from 0 (death) to 1 (full health); ²: Scores range from 0-100, a higher score means better self-management abilities; ³: Scores range from 0-100, a higher score means better functioning, and for pain, a higher score means a higher degree of pain; ^a: n=101; ^b: n=96, as six participants were not able to do the test; ^c: n=101; ^d: n=82, as twenty participants were not able to do the test; ^e: n=100.