Supplementary Materials

Participants' technology literacy and frailty profile.

Table S1. Participants' technology literacy [n=21]

Variables	
Smartphones	***n (%)***
Daily	18 (85.7)
Twice weekly	0
Weekly	0
1-2 times per month	0
Less than once per month	0
Few times per year	0
Never	1 (4.8)
Missing value	2 (9.5)
Smart TV	***n (%)***
Daily	10 (47.6)
Twice weekly	0
Weekly	0
1-2 times per month	1 (4.8)
Less than once per month	0
Few times per year	3 (14.3)
Never	5 (23.8)
Missing value	2 (9.5)
Smart watch	***n (%)***
Daily	4 (14.3)
Twice weekly	0
Weekly	0
1-2 times per month	0
Less than once per month	*0*
Few times per year	2 (9.5)
Never	12 (57.1)
Missing value	3 (14.3)
Tablets	***n (%)***
Daily	6 (28.6)
Twice weekly	2 (9.5)
Weekly	0
1-2 times per month	0
Less than once per month	2 (9.5)
Few times per year	2 (9.5)
Never	7 (33.3)
Missing value	2 (9.5)
Computer	***n (%)***
Daily	17 (81)
Twice weekly	2 (9.5)
Weekly	1 (4.8)
1-2 times per month	0

Less than once per month	0
Few times per year	0
Never	1 (4.8)
Missing value	0
Smart home devices	***n (%)***
Daily	6 (28.6)
Twice weekly	*0*
Weekly	1 (4.8)
1-2 times per month	0
Less than once per month	0
Few times per year	11 (52.4)
Missing value	2 (9.5)

Table S2. Participants' frailty profile. [n=21]

Frailty scales	
Fried Frailty Phenotype	***n (%)***
Robust	7 (33.3)
Pre-frail	11 (52.4)
Frail	3 (14.3)
Very frail	0
Edmonton Frailty Scale	***n (%)***
Not frail	17 (80.9)
Vulnerable	4 (19.1)
Mild frailty	0
Moderate frailty	0
Severe frailty	0
Clinical Frailty Scale	***n (%)***
Very fit	6 (26.6)
Well	6 (28.6)
Managing well	4 (19.0)
Vulnerable	4 (19.0)
Mildly frail	1 (4.8)
Moderately frail	0
Severely frail	0
Very severely frail	0
Terminally ill	0