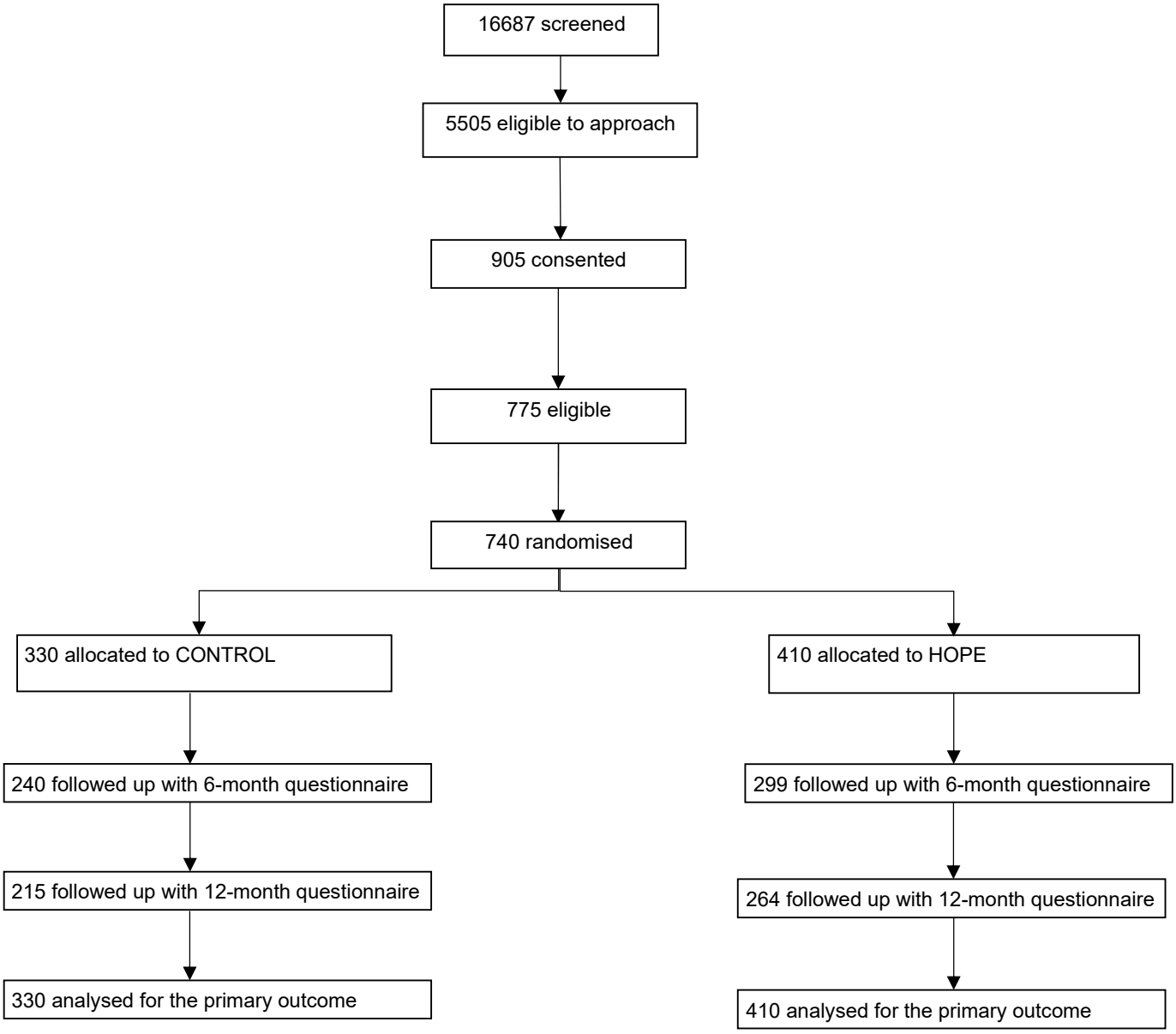
Participant Flow Diagram



MoCA = Montreal Cognitive Assessment. TUGT = Timed Up and Go Test. CFS=Clinical Frailty Score
*Withdrawals and deaths are cumulative

Baseline Characteristics

	TOTAL (n = 740)
Age, years	82.6 (7.1)
Gender	
Male	254 (34.3%)
Female	486 (65.7%)
Ethnicity	
White	699 (97.6%)
Other*	17 (2.4%)
CFS Score[#]	5.5 (0.6)
CFS Score	
Vulnerable	1 (0.1%)
Mild frailty	375 (50.8%)
Moderate frailty	324 (43.9%)
Severe frailty	38 (5.1%)
MoCA Score[$]	23.5 (2.9)
Reason for Admission	
Acute illness	511 (69.1%)
Injury	229 (30.9%)
Setting Discharged from	
Hospital	258 (34.9%)
Bed-based intermediate care	182 (24.6%)
Home-based intermediate care	300 (40.5%)
TUGT Score	46.6 (37.9)
HOPE Level	
Level 1	466 (63.0%)
Level 2	187 (25.3%)
Level 3	87 (11.8%)
Involved in previous rehabilitation programme	40 (5.6%)
Number of comorbidities	
None	200 (27.4%)
≥ 1	531 (72.6%)
Type of comorbidity[&]	
Diabetes mellitus	180 (34.7%)
Chronic obstructive pulmonary disease	147 (28.7%)
Congestive heart failure	119 (23.3%)
Moderate to severe chronic kidney disease	118 (23.0%)
Connective tissue disease	98 (19.3%)
Cerebrovascular disease	73 (14.3%)
Solid tumour (localised)	76 (14.8%)
Solid tumour (metastatic)	7 (9.7%)
Myocardial infarction	71 (13.9%)
Peripheral vascular disease	44 (8.7%)
Malignant Lymphoma	12 (2.4%)
Dementia	12 (2.3%)
Peptic ulcer disease	8 (1.6%)
Leukaemia	8 (1.6%)
Hemiplegia	6 (1.2%)
Liver disease	6 (1.2%)

Raw summary of patient-reported primary outcome measure

	HOPE			CONTROL		
	N	Mean (SD)	Median (IQR)	N	Mean (SD)	Median (IQR)
SF36 PCS						
BASELINE	407	31.1 (8.09)	30.5 (25.8-36.2)	325	31.2 (7.93)	30.8 (25.6-36.0)
6 MONTHS	294	32.1 (9.66)	31.5 (25.0-38.4)	235	30.8 (8.43)	28.8 (25.3-36.5)
12 MONTHS	258	31.6 (9.19)	30.1 (25.5-37.3)	208	30.8 (8.75)	30.6 (24.3-35.6)

Data are mean (SD) or median (IQR). SF36 PCS = SF36 Physical Component Score, range 0-100. Higher scores are better.

Adverse Events

Adverse events in the trial included deaths and hospitalisation rates due to falls and/or fracture.

There were no related and unexpected adverse events reported in the trial.

	TOTAL (n=740)
Did participant die?	
Yes	125 (16.9%)
No	615 (83.1%)
Was participant hospitalised due to fall or fracture?	
Yes	96 (13.0%)
No	644 (87.0%)
Number of hospitalisations due to falls and fractures	
Mean (SD)	0.2 (0.49)