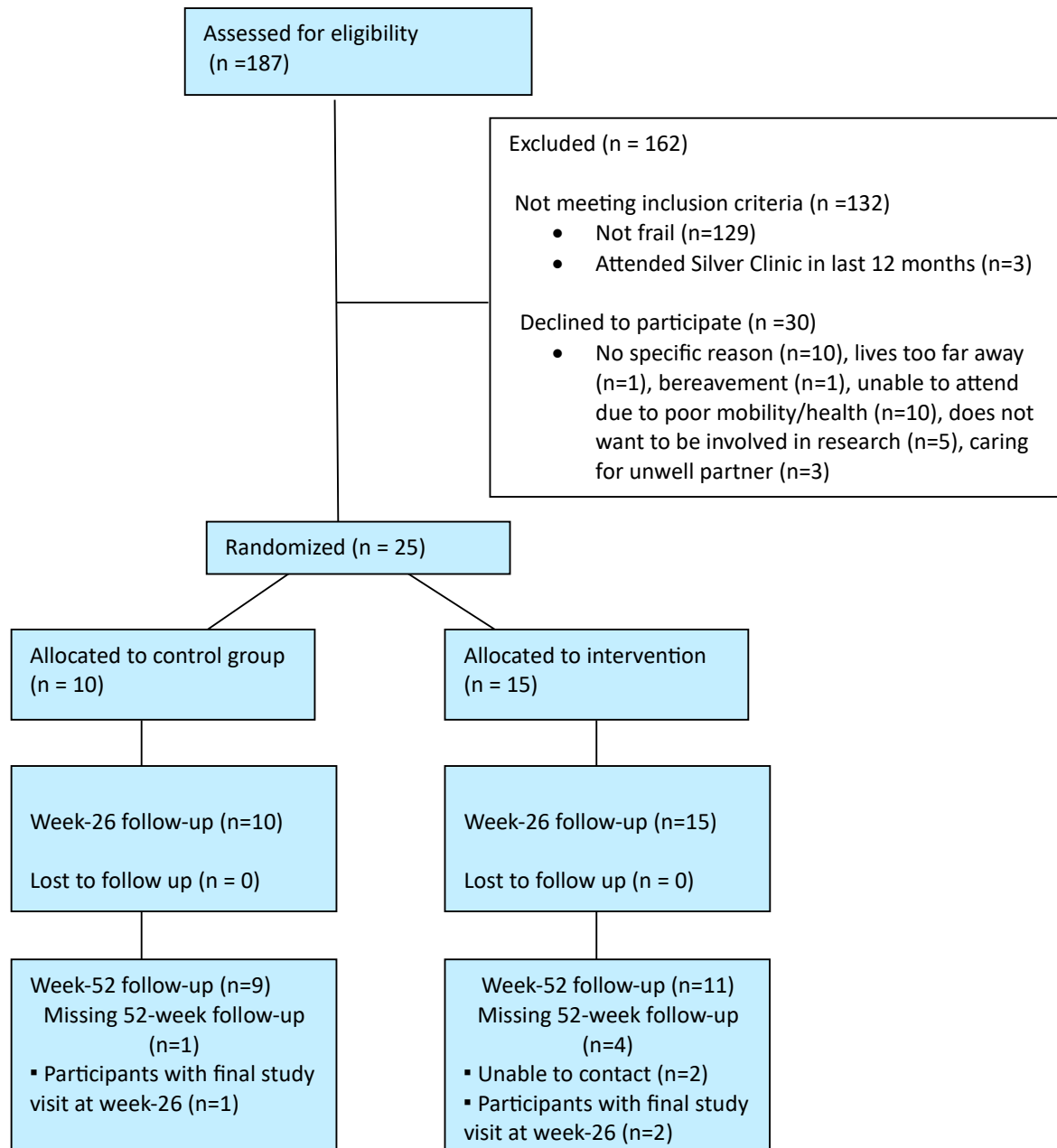


Participant flow



Baseline Characteristics

	All N=25	Intervention N=15	Control N=10
Age (years) *	63.6 (6.1)	62.6 (5.95)	65.1 (6.2)
Time on ART (years) *	19 [9,25]	18 [8,23]	23 [10.3,26.8]
On ART n(%)			
Yes	24 (96)	15 (100)	9 (90)
No	1 (4)	0 (0)	1 (10)
Viral Load <40 copies	25 (100)	15 (100)	10 (100)

	All N=25	Intervention N=15	Control N=10
Last CD4 count**	759 [550, 1006]	795 [557,966]	715.5 [525,1134.3]
Time since diagnosis (years)**	24 [16.5,34]	24 [14,25]	33 [18.2,37]
Fall last 6 months (number)**	0 [0,4.5]	1 [0, 6]	0 [0,2]
Number of non-ART medications**	10 [5.5,10]	9 [5.0,10]	10 [5.6,10]
Sex			
Male	24 (96)	14 (93.3)	10 (100)
Female	1 (4)	1 (6.7)	0 (0)
Gender			
Male	23 (92)	14 (100)	9 (90)
Female	1 (4)	1	0 (0)
Gender fluid	1 (4)	0 (0)	1 (10)
Ethnicity			
White British	20 (80)	11 (73.3)	9 (90)
Black African	1 (4)	1 (6.7)	0 (0)
Black & White Caribbean	2 (8)	2 (13.3)	0 (0)
White other	2 (8)	1 (6.7)	1 (10)
Sexual orientation			
Gay or lesbian	20 (80)	11 (73.3)	9 (90)
Bisexual	2 (8)	1 (6.7)	1 (10)
Other	2 (8)	2 (13.3)	0 (0)
Heterosexual or straight	1 (4)	1 (6.7)	0 (0)
Sexual partners			
Male only	17 (68)	11 (73.3)	6 (60)
Both male and female	3 (12)	3 (20)	0 (0)
None	5 (20)	1 (6.7)	4 (40)
Number of comorbidities*	6 [5,9]	6 [5,9]	5 [5,9]
Charlson Comorbidity Index*	2.9 (1.3)	2.7 (1.3)	3.2 (1.2)
Marital status			
Single (never married)	14 (56)	7 (46.7)	7 (70)
Married/domestic partnership	5 (20)	4 (26.7)	1 (10)
Widowed	2 (8)	1 (6.7)	1 (10)
Divorced	3 (12)	2 (13.3)	1 (10)
Separated	1 (4)	1 (6.7)	0 (0)
Education			
Primary school	2 (8)	0 (0)	2 (20)
Secondary school up to 16 years	6 (24)	3 (20)	3 (30)
Higher/further education	5 (20)	3 (20)	2 (20)
College or university	8 (32)	6 (40)	2 (20)
Post-graduate degree	3 (12)	2 (13.3)	1 (10)
Prefer not to say	1 (4)	1 (6.7)	0 (0)
Household annual income			
Below £10,000	3 (12)	2 (13.3)	1 (10)
£10,001-£20,000	12 (48)	6 (40)	6 (60)
£20,001-£30,000	3 (12)	1 (6.7)	2 (20)
£30,001-£40,000	0 (0)	0 (0)	0 (0)
Above £40,000	4 (16)	4 (26.7)	0 (0)
Prefer not to say	3 (12)	2 (13.3)	1 (10)
Present home			
Owner occupied/owned outright	5 (20)	4 (26.7)	1 (10)
Owner occupied/ mortgage	2 (8)	1 (6.7)	1 (10)
Rented housing/council assoc.	14 (56)	9 (60)	5 (50)
Rented/private landlord	4 (16)	1 (6.7)	3 (30)
Employment status			

	All N=25	Intervention N=15	Control N=10
Employed, 1-39hrs/pw	1 (4)	0 (0)	1 (10)
Employed, 40+hrs/pw	0 (0)	0 (0)	0 (0)
Not employed, not looking	2 (8)	1 (6.7)	1 (10)
Retired	11 (44)	8 (53.3)	3 (30)
Disabled, not able to work	10 (40)	5 (33.3)	5 (50)
Prefer not to say	1 (4)	1 (6.7)	0 (0)

*Mean (SD) **Median [IQR]

Outcome Measures

Feasibility outcomes	Progression outcome	Contributing data
*Identification & recruitment of eligible patients	Amber: 40-59% of eligible recruited	46% of eligible participants were recruited.
*Retention of participants at follow up	Green: ≥70% at 6 months, ≥55% at 12 months	100% of participants attended their 6 month study visit and 91% attended their 12 month study visit.
Contamination of the control arm	Green: ≥10% participants receive a CGA within usual care	No participants received a CGA within usual care.
*Outcome measure completion	Green: Missing data of ≤10% for each measure. Participant- reported acceptability	99.7%, 99% and 90.2% of data was completed at each consecutive visit. Interview data shows participants found the outcome measures used to be acceptable.
Participant satisfaction with care	Green: Reported as acceptable (or can be with minimal modification)	The CARE measure found participation satisfaction with care to be high. Interviews revealed areas that could improve this further.

*primary focus; Traffic-light progression criteria - Green: likely no concerning issues, Amber: potentially remediable issues, Red: potentially intractable issues

	Intervention			Control		
	T1 (n=15)	T2 (n=15)	T3 (n=11)	T1 (n=10)	T2 (n=10)	T3 (n=9)
TUGT ^A	15 [11,18]	15 [12,20]	12 [10,16]	12 [6.8, 20]	12 [10, 22]	13 [10, 23]
SCRQoL (ASCOT)+	0.6 [0.4,0.74]	0.5 [0.4,0.9]	0.71 [0.4,0.9]	0.6 [0.33,0.74]	0.6 [0.41,0.7]	0.5 [0.4,0.8]

	Intervention			Control		
	T1 (n=15)	T2 (n=15)	T3 (n=11)	T1 (n=10)	T2 (n=10)	T3 (n=9)
EQ5D5L VAS+	50 [50,65]	50 [40,65]	57 [50,75]	58 [39,65]	65 [44,79]	50 [41,60]
HIV PROM^	30.7 (7.1)	28.7 (10.0)	28.3 (9)	29.0 (9.3)	24.8 (8.4)	25.5 (12.2)
MOCA+	26 [24,27]	25 [23,26.3]	26 [24,27]	26.5 [23,28.3]	24 [21,27]	25 [24,28]
FRAIL scale^	3 [3,3]	3 [3,3]	3 [2,3]	3 [3,3]	3 [2,3.3]	2 [2,3]
FRIED^	3 [3,3]	3 [3,3]	3 [3,3]	3 [2,3]	3 [2,3]	3 [2,3]
Clinical frailty scale^	5 [5,6]	5 [4,5]	5 [4,5]	5 [4,5.3]	5 [4,5]	5 [4,5]
FRAX score^	7 [5.1,9]	6 [4.4,7.4]	6 [4.4, 7.4]	7 [6.5,13]	7 [6,13]	5.7 [4.6,9]
FRAX hip^	1.4 [1,3.4]	1.2 [1,2.2]	1.3 [1,2.2]	2 [1,4]	1.7 [1,4]	1.6 [1,4]
Qrisk^	13 [11,26]	15 [12.1,25]	15 [13.2,24]	27 [15.2,39]	27 [16.4,39]	24 [16,28]

*Mean (SD) **Median [IQR]. T1: baseline, T2: 6 months, T3: 12 months. Missing data – TUGT: T1 n=1 intervention, T2 n=1 intervention, T3 n=4 intervention; MOCA: T2 n=1 intervention, n=1 control, T3 n=2 intervention; all other measures: T3 n=2. +higher scores better, ^higher score worse.

Adverse Events

There were no adverse events associated with this study.