

Appendix 1

Frailty Domains assessed by Kihon Checklist (KCL)

Domain name	Questions from KCL	Cut-off score for at risk
Instrumental activities of daily living (IADL)	1-5	≥ 3
Physical strength	6-10	≥ 3
Nutrition	11,12	2
Eating	13-15	≥ 2
Socialization	16	1
Memory	18-20	≥ 1
Mood	21-25	≥ 2