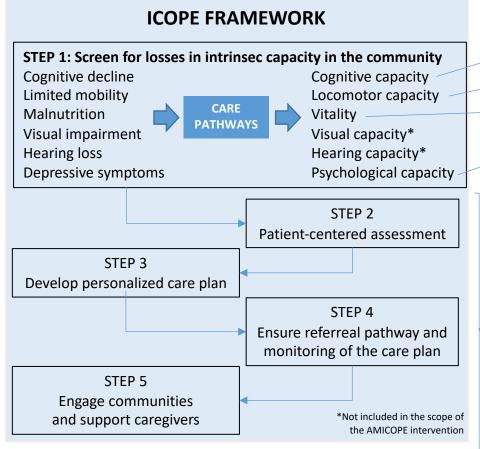
APTITUDE Multicomponent Intervention in the Community for frail Older PEople (AMICOPE)

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REFERENCES

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PROCEDURES AIMS Recommendations about cognitive Offer advice on cognitive stimulation stimulation strategies (1h 30') Provide multimodal exercise Vivifrail programme (10h) Offer dietary advice 24 hour dietary recall 6h Healthy eating plate Offer advice to manage depressive 30' Understanding nutrition labels symptoms Supervised visits to supermarkets Reduce stress Relaxation techniques **Tackling Ioneliness** Photoelicitation 6h 30' Strength social support Collaborative mapping party Access to community facilities Visits to community assets Medication review Discussion of practical cases about polypharmacy (1h 30') Support self-management SMART technique to promote Goal setting self-efficacy (2h 30') Maintaining autonomy and preventing Discussion of practical cases about dependence on care personal autonomy (1h 30')

DESCRIPTION ¥

Brief name: AMICOPE. Why: Reverse the decline of intrinsic capacities. What and how: Face to face group intervention (up to 15 people). Intervention guide for providers and Vivifrail materials for participants (www.vivifrail.com). Who provides: Health and social professionals previously trained by APTITUDE team (nurses, community and social care workers, physical and occupational therapists, pharmacists). Where: Community facilities. When and how much: 12 sessions held weekly for 2 h 30 min (Total amount: 30 h). Tailoring: Vivifrail materials are adapted to the functionality level of each participant. Locations of the two visits are chosen and agreed according to interests and preferences of each group. SMART goals are set by each participant according to personal values and preferences.