

## SUPPLEMENTARY TABLES

**Supplementary Table 1. The Cumulative Illness Rating Scale for Geriatrics (CIRS(G)) [15].**

Disease	Severity				
	0	1	2	3	4
Heart					
Vascular (including hypertension)					
Hematopoietic					
Respiratory					
Eyes, ears, nose, throat, and larynx					
Upper Gastrointestinal					
Lower Gastrointestinal					
Liver, pancreas, and biliary					
Renal					
Genitourinary					
Musculoskeletal and skin					
Neurologic					
Endocrine and breast					
Psychiatric illness					
<b>Total (0-56)</b>					

**Supplementary Table 2. Score for Activities of Daily Living (ADL) [16].**

Questions	Points		
	Does alone 1	Does with help 0.5	Cannot do alone 0
Washing			
Getting dressed			
Moving about indoors			
Going to the toilet			
Eating			
Continence			

**Scoring:**

Scores range from 0 to 6.

Total score  $\leq 5/6$  indicates ADL-dependency.

**Supplementary Table 3. The mini Geriatric Depression Scale (mini-GDS) [20].**

Questions	Points	
	Yes	No
Do you feel discouraged and sad?	1	0
Do you feel your life is empty?	1	0
Are you happy most of the time?	0	1
Do you feel hopeless?	1	0

**Scoring:**

Score ranges from 0 to 4.

Total score  $\geq 1/4$  indicates depressed mood.