

Script for GPs/NPs for CARES Recruitment

1. I am involved in a study program in my office, looking to keep seniors living vibrantly in their own homes and to keep them from becoming frail. I've been looking over your medical records and see how well you are functioning now so I think you would be an excellent fit for this program. Would you be willing to work with me and some researchers to keep you living healthier?
2. Participating means you have a few interviews with us to let us know how healthy you are now. From there, we can figure out what you like to do so we can suggest ways to keep you as healthy as possible. Our first interview is to establish how vibrantly you live now to identify a baseline on our frailty index. You are likely to get a low number. That means you are not frail. We will repeat this interview over the next few months to see how you are doing. The reason for this program is to keep you doing well and to keep your number on the frailty scale low.
3. We now know of a variety of things that offer healthy aging so we will work with you to keep, or add things, you like to do to keep you as healthy as possible. We have community partners who offer lots of options for you to choose from and we'll put you in touch with them.
4. Because this is a research program, you will be provided with a small stipend if you agree to proceed. This will be \$20 per assessment.
5. As part of this program, organizations in our community will show you things you can do with them. They offer exercise, activities and fun social programs – all of which are important to keeping you vibrant in the years ahead. As part of our project, if you have someone helping take care of you, we have programs to support them too.
6. Would you be willing to help us with this project as a participant?