Table S1. Changes in self-reported level of physical activity, perceived difficulties in negotiating stairs, walking outdoors, and walking 500 meters; proportion of participants and response categories for the intervention and control groups at pre-admission, baseline and at 3 and 6 months post-intervention.

| Subgroup                  | Participants with mild pre-admission mobility restriction |
|---------------------------|-----------------------------------------------------------|
|                           | Intervention                                               | Control                                               |
|                           | Pre-adm, n = 17                                           |            Pre-adm, n = 20                               |
|                           | BL, n = 17                                                |            BL, n = 20                                    |
|                           | 3 Mo, n = 17                                              |            3 Mo, n = 18                                  |
|                           | 6 Mo, n = 17                                              |            6 Mo, n = 19                                  |
|                           | Group x Time interaction p-value                           |
| Self-reported physical activity, n (%) | 0.446                                                     |
| Mostly lying down         | 0                                                         |            0                                          |
|                           | 0                                                         |            0                                          |
|                           | 0                                                         |            1 (5)                                       |
|                           | 0                                                         |            0                                          |
| Mostly sitting            | 0                                                         |            4 (23)                                      |
|                           | 2 (12)                                                    |            0                                          |
|                           | 0                                                         |            5 (25)                                      |
|                           | 0                                                         |            0                                          |
| Low level activity        | 1 (6)                                                     |            13 (77)                                     |
|                           | 4 (24)                                                    |            4 (24)                                      |
|                           | 4 (24)                                                    |            4 (20)                                      |
|                           | 13 (65)                                                   |            4 (22)                                      |
|                           | 4 (26)                                                    |            5 (26)                                      |
| Medium level activity, ≥ 3 hrs/week | 7 (41)                                                   |            0                                          |
|                           | 3 (18)                                                    |            3 (18)                                      |
|                           | 7 (35)                                                    |            1 (5)                                       |
|                           | 3 (17)                                                    |            5 (26)                                      |
| Medium level activity, ≥ 4 hrs/week | 6 (35)                                                   |            0                                          |
|                           | 6 (35)                                                    |            5 (29)                                      |
|                           | 6 (30)                                                    |            0                                          |
|                           | 10 (56)                                                   |            5 (26)                                      |
| High level activity, exercise | 3 (18)                                                   |            0                                          |
|                           | 2 (12)                                                    |            5 (29)                                      |
|                           | 3 (15)                                                    |            0                                          |
|                           | 1 (6)                                                     |            4 (21)                                      |
| Activity                          | No difficulties | Minor difficulties | Major difficulties | Only with help of another person | Unable even with help | Walking outside, n (%) |
|----------------------------------|-----------------|--------------------|--------------------|----------------------------------|-----------------------|------------------------|
| Negotiating stairs, n (%)        |                 |                    |                    |                                  |                       | 0.826                  |
| No difficulties                  | 7 (41)          | 1 (6)              | 8 (47)             | 11 (64)                          | 9 (45)                | 3 (15)                 | 9 (50)                 | 7 (37)                 |
| Minor difficulties               | 4 (23)          | 9 (52)             | 6 (35)             | 3 (18)                           | 8 (40)                | 7 (35)                 | 8 (44)                 | 11 (58)                |
| Major difficulties               | 5 (29)          | 2 (12)             | 3 (18)             | 3 (18)                           | 3 (15)                | 3 (15)                 | 1 (6)                  | 1 (5)                  |
| Only with help of another person | 0               | 1 (6)              | 0                  | 0                                | 5 (25)                | 0                      | 0                      |
| Unable even with help            | 1 (6)           | 4 (24)             | 0                  | 0                                | 2 (10)                | 0                      | 0                      |
| Walking outside, n (%)           |                 |                    |                    |                                  |                       | 0.181                  |
| No difficulties                  | 7 (41)          | 1 (6)              | 2 (12)             | 6 (35)                           | 10 (50)               | 3 (15)                 | 9 (50)                 | 12 (63)                |
| Minor difficulties               | 7 (41)          | 9 (53)             | 13 (76)            | 9 (53)                           | 8 (40)                | 9 (45)                 | 9 (50)                 | 7 (37)                 |
| Major difficulties               | 2 (12)          | 2 (12)             | 2 (12)             | 2 (10)                           | 5 (25)                | 0                      | 0                      |
| Only with help of another person | 0               | 5 (29)             | 0                  | 0                                | 3 (15)                | 0                      | 0                      |
| Unable even with help            | 1 (5)           | 0                  | 0                  | 0                                | 0                     | 0                      | 0                      |
| Walking 500 meters, n (%)        |                 |                    |                    |                                  |                       | 0.555                  |
| No difficulties                  | 7 (41)          | 2 (12)             | 6 (35)             | 9 (53)                           | 11 (55)               | 3 (15)                 | 11 (61)                | 13 (68)                |
| Minor difficulties               | 8 (47)          | 5 (29)             | 10 (59)            | 5 (29)                           | 5 (25)                | 7 (35)                 | 6 (33)                 | 6 (32)                 |
| Major difficulties               | 1 (6)           | 3 (18)             | 1 (6)              | 2 (12)                           | 1 (5)                 | 4 (20)                 | 1 (6)                  | 0                      |
| Only with help of another person | 0               | 1 (6)              | 0                  | 0                                | 2 (10)                | 0                      | 0                      |
| Unable even with help | 1 (6) | 6 (35) | 0 | 1 (6) | 3 (15) | 4 (20) | 0 | 0 |

| Subgroup ► | Participants with moderate pre-admission mobility restriction |
| Self-reported physical activity, n (%) | | | | | | | | |
| Mostly lying down | 0 | 4 (13) | 1 (3) | 0 | 0 | 3 (10) | 1 (4) | 1 (4) |
| Mostly sitting | 4 (13) | 11 (37) | 3 (11) | 1 (3) | 4 (14) | 10 (37) | 4 (15) | 2 (7) |
| Low level activity | 14 (47) | 15 (50) | 15 (54) | 15 (54) | 13 (46) | 14 (50) | 16 (59) | 15 (58) |
| Medium level activity, ≥ 3 hrs/week | 9 (30) | 0 | 5 (18) | 7 (25) | 8 (29) | 0 | 3 (11) | 3 (12) |
| Medium level activity, ≥ 4 hrs/week | 3 (10) | 0 | 4 (14) | 3 (11) | 3 (11) | 1 (3) | 3 (11) | 4 (15) |
| High level activity, exercise | 0 | 0 | 0 | 2 (7) | 0 | 0 | 0 | 1 (4) |
| Negotiating stairs, n (%) | | | | | | | | |
| No difficulties | 7 (23) | 1 (3) | 10 (36) | 10 (36) | 3 (11) | 5 (18) | 6 (22) | 2 (7) |
| Minor difficulties | 9 (30) | 6 (20) | 13 (47) | 10 (36) | 11 (39) | 2 (7) | 8 (30) | 12 (48) |
| Major difficulties | 10 (33) | 3 (10) | 2 (7) | 4 (14) | 8 (29) | 6 (21) | 4 (15) | 6 (23) |
| Only with help of another person | 2 (7) | 11 (37) | 2 (7) | 2 (7) | 1 (3) | 7 (25) | 3 (11) | 2 (7) |
| Unable even with help | 2 (7) | 9 (30) | 1 (3) | 2 (7) | 5 (18) | 8 (29) | 6 (22) | 4 (15) |
| Walking outside, n (%) | | | | | | | | |

| 0.013 |
| 0.007 |
| 0.037 |
| Subgroup ► | Participants with severe pre-admission mobility restriction |
|-----------------|----------------------------------------------------------|
| Self-reported physical activity, n (%) |                                                                 |
| Mostly lying down | 1 (8) 2 (17) 1 (8) 0 0 2 (20) 0 2 (25) |
| Mostly sitting | 4 (33) 4 (33) 2 (17) 3 (27) 1 (10) 5 (50) 2 (24) 0 |
| Low level activity | 7 (58) 6 (50) 6 (50) 5 (46) 6 (60) 3 (30) 1 (13) 2 (25) |
| Activity Type                                      | No difficulties | Minor difficulties | Major difficulties | Only with help of another person | Unable even with help | Walking outside, n (%) | Walking 500 meters, n (%) |
|---------------------------------------------------|-----------------|-------------------|-------------------|---------------------------------|----------------------|------------------------|--------------------------|
| Medium level activity, ≥ 3 hrs/week               | 0               | 0                 | 3 (25)            | 1 (9)                           | 3 (30)               | 0                      | 4 (50)                   |
| Medium level activity, ≥ 4 hrs/week               | 0               | 0                 | 0                 | 1 (9)                           | 0                    | 0                      | 1 (13)                   |
| High level activity, exercise                     | 0               | 0                 | 0                 | 1 (9)                           | 0                    | 0                      | 0                        |
| Negotiating stairs, n (%)                         |                 |                   |                   |                                 |                      | 0.610                  |                          |
| No difficulties                                   | 1 (8)           | 1 (8)             | 2 (17)            | 2 (18)                          | 2 (20)               | 2 (20)                 | 3 (38)                   |
| Minor difficulties                                | 1 (8)           | 4 (33)            | 4 (33)            | 3 (27)                          | 1 (10)               | 3 (30)                 | 2 (25)                   |
| Major difficulties                                | 3 (25)          | 1 (8)             | 0                 | 2 (18)                          | 3 (30)               | 1 (10)                 | 0                        |
| Only with help of another person                  | 2 (17)          | 2 (17)            | 2 (17)            | 1 (10)                          | 3 (30)               | 2 (20)                 | 2 (25)                   |
| Unable even with help                             | 5 (42)          | 4 (33)            | 4 (33)            | 3 (27)                          | 1 (10)               | 2 (20)                 | 1 (12)                   |
| Walking outside, n (%)                            |                 |                   |                   |                                 |                      | 0.260                  |                          |
| No difficulties                                   | 1 (8)           | 0                 | 1 (8)             | 0                               | 1 (10)               | 1 (10)                 | 2 (25)                   |
| Minor difficulties                                | 3 (25)          | 4 (33)            | 6 (50)            | 5 (46)                          | 2 (20)               | 1 (10)                 | 3 (38)                   |
| Major difficulties                                | 5 (42)          | 4 (33)            | 1 (8)             | 2 (18)                          | 4 (40)               | 2 (20)                 | 1 (12)                   |
| Only with help of another person                  | 1 (8)           | 2 (17)            | 4 (33)            | 4 (36)                          | 3 (30)               | 5 (50)                 | 2 (25)                   |
| Unable even with help                             | 2 (17)          | 2 (17)            | 0                 | 0                               | 0                    | 1 (10)                 | 0                        |
| Walking 500 meters, n (%)                         |                 |                   |                   |                                 |                      | 0.421                  |                          |
| No difficulties                                   | 1 (8)           | 0                 | 2 (17)            | 0                               | 0                    | 1 (10)                 | 2 (25)                   |


|                          | 0 | 1 (8) | 2 (17) | 3 (25) | 4 (37) | 3 (30) | 2 (25) | 4 (50) |
|--------------------------|---|-------|--------|--------|--------|--------|--------|--------|
| Minor difficulties       |   |       |        |        |        |        |        |        |
| Major difficulties       |   |       | 2 (17) | 4 (34) | 2 (17) | 2 (18) | 4 (40) | 1 (10) | 1 (12) | 0       |
| Only with help of another person |   |       | 2 (17) | 2 (18) | 2 (20) | 1 (10) | 0       | 0       |
| Unable even with help    |   |       | 7 (58) | 7 (58) | 3 (25) | 3 (27) | 1 (10) | 7 (70) | 3 (38) | 2 (25) |

Pre-adm=pre-admission, BL=baseline, Mo=months, hrs=hours.
Figure S1: Short Physical Performance Battery Score (SPPB) by treatment arm and pre-admission mobility. Solid line= intervention group, dashed line= control group, ○ = participants with mild preadmission mobility restriction, ▲ = participants with moderate preadmission mobility restriction, ▼ = participants with severe preadmission mobility restriction.