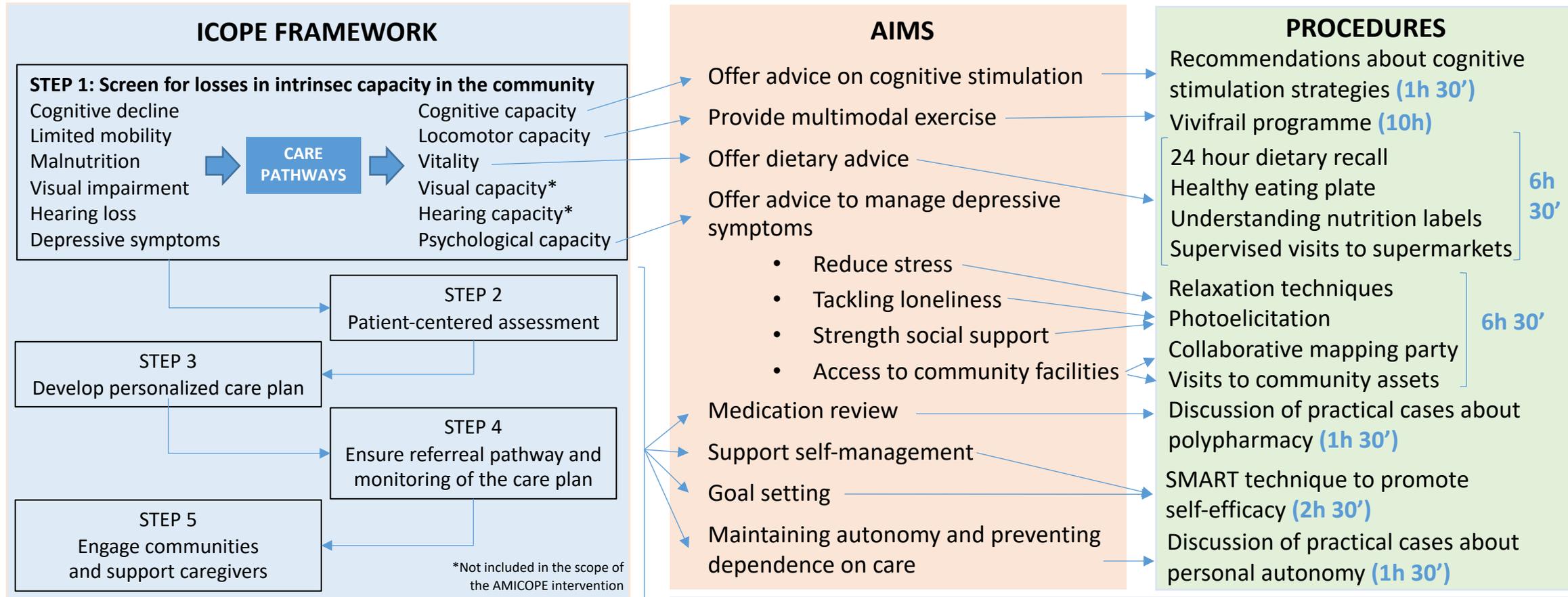




# APTITUDE Multicomponent Intervention in the Community for frail Older People (AMICOPE)

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## REFERENCES

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## 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](http://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.

¥Based on TIDieR guidelines – see references