

VIRTUAL GERAS FRAILTY REHAB

Maximizing mobility & independence

Why is this study being done?

McMaster University researchers are trying to understand the best way to help older adults improve health and maintain strength & independence while physical distancing at home during COVID-19

Who is this study for?

Older adults (aged 65+) who have lost energy or strength (e.g. difficulty climbing stairs or slow walking)

What does the study involve?

1. Virtual pre-assessment (1-hour)
2. Virtual frailty rehabilitation (1-3x weekly, 12-weeks)
 - ✓ **Exercise** Consultations and Classes
 - ✓ **Nutritional** Meeting
 - ✓ **Protein** Supplementation
 - ✓ **Medication** Consultation
 - ✓ **Socialization** Phone Calls
3. Virtual post-assessment (1-hour)
 - *All visits are **online at home!**



Enrollment is FREE

Devices for participation will be provided for those without a device*

If you would like to participate, or if you have any questions, please call the GERAS Research Staff at

905-521-2100 ext. 12232

