

GERAS FRAILTY REHAB

Maximizing mobility & independence

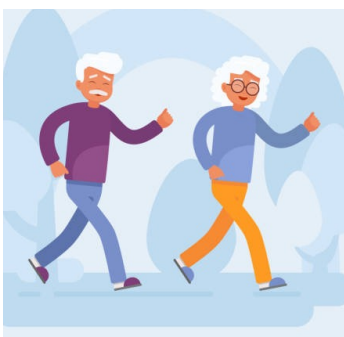


NOW RECRUITING

ENROLLMENT IS FREE

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 and independence through community rehabilitation.

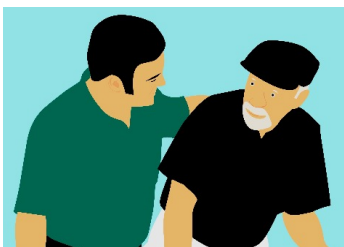


Who is this study for?

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

What does the study involve?

1. Eligibility Assessment (15 min)
2. Clinical pre-assessment (1-hour)
3. Study participation for 4 months in one of the below study groups
4. Clinical post-assessment (1-hour)



STUDY GROUPS:	CONTROL (USUAL ACTIVITY)	EXERCISE ONLY	MULTI- MODAL
Vitamin D	✓	✓	✓
Group exercise and socialization at the YMCA (hourly class 2x/week)		✓	✓
Home-based exercises		✓	✓
Nutrition review and protein supplements			✓
Medication review			✓

*All participants also receive monthly phone calls from research staff

If you would like to participate or have any questions, please call

GERAS Research Staff

905-521-2100 ext. 12437



This research study has been reviewed by the Hamilton Integrated Research Ethics Board [#5500]: V1.0, Jan 11, 2022