Exclusion criteria:
1) in-home rehabilitation (nursing, physio, occupational therapy);
2) unable to stand with or without assistance;
3) Difficulty with ≥1 activities of daily living (ADL) and/or ≥2 Instrumental ADL, as a result of, for example, physical illness, surgery or chronic medical illness;
4) ability to walk only within 25 kms of Sydney CBD;
5) live within 25 kms of Sydney CBD;
6) have carer - co-resident or > 4 days or 7 hours per week;
7) unable to give informed consent;
8) active cancer treatment; or not on active treatment for < 3 months;
9) have no access to carer or other family;
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