

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to understand how to implement a comprehensive pro-active intervention for community frail older adults.	λ We provided a comprehensive assessment for each participants. Based on their individual needs, we provided physical activity, health education, community resource referrals, community support groups, group community activities, counseling, self-management skills, regular telephone follow-up, home visits every two weeks or monthly.
The learner will be able to discuss potential related factors which could influence the outcome of the interventions.	The frail status limited their mobility and willingness to go out. Social isolation led to loneliness. It could be the possible reason for low mean scores of quality of life in psychological and social relationship domains.