**Supplementary Table 1.** Sample characteristics (for the analytical sample) at FU wave 7 (n=544), FU wave 8 (n=482), and FU wave 9 (n=414)

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| --- | --- | --- | --- |
| Variables  | FU wave 7 | FU wave 8 | FU wave 9 |
| Age: Mean (SD); Range | 88.9 (3.0); 85-100 | 89.6 (2.8); 85-100 | 90.4 (2.8); 86-101 |
| Female: N (%) | 359 (66.0%) | 326 (67.6%) | 283 (68.4%) |
| Education: N (%) |  |  |  |
| Primary | 300 (55.2%) | 269 (55.8%) | 229 (55.3%) |
| Secondary | 154 (28.3%) | 138 (28.6%) | 120 (29.0%) |
| Tertiary | 90 (16.5%) | 75 (15.6%) | 65 (15.7%) |
| Unmarried (single; widowed; divorced): N (%) | 395 (72.6%) | 363 (75.3%) | 319 (77.1%) |
| Cognitive impairment (Global Deterioration Scale): Mean (SD); Range | 2.0 (1.0); 1-6 | 2.0 (1.0); 1-6 | 2.0 (1.0); 1-6 |
| Depressive symptoms (Geriatric Depressive Scale): Mean (SD); Range | 2.8 (2.6); 0-15 | 2.7 (2.5); 0-12 | 3.0 (2.7); 0-14 |
| Number of chronic illnesses (count score): Mean (SD); Range | 6.2 (3.1); 0-18 | 6.5 (3.2); 0-20 | 6.7 (3.3); 0-25 |
| Social support (Lubben Social Network Scale): Mean (SD); Range | 13.9 (5.4); 0-29 | 13.9 (5.6); 0-30 | 13.6 (5.3); 0-30 |
| IADL (modified, with five items): Mean (SD); Range | 3.9 (1.3); 0-5 | 3.8 (1.3); 0-5 | 3.7 (1.3); 0-5 |
| Barthel-Index: Mean (SD); Range | 91.3 (15.6); 5-100 | 90.8 (14.4); 20-100 | 89.7 (16.2); 10-100 |

Please note that the time-invariant variables (i.e., that these variables did not change within individuals over time) sex and education were only depicted for descriptive purposes.