



What will happen to my data?

In this research study we will use information from you and your medical records. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study. Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules. At the end of the study we will save some of the data in case we need to check it. We will make sure no-one can work out who you are from the reports we write. We will send you an information sheet which will tell you more about this.

Who is carrying out this project?

A research team led by University College London in partnership with University of Leeds and University of Hertfordshire, as well as other UK universities.

Who has funded this work?

The Department of Health and Social Care has funded this study through the National Institute for Health Research Health Technology Assessment Programme.

This information is available in larger font size and electronically, and we can arrange an interpreter to discuss the study with you if you cannot speak English. Please contact us for further information.

This is a summary of the study. We will also send you an information sheet for more details.



Staying healthy and independent for longer Testing the HomeHealth service 2020-2023 Summary leaflet



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What is the HomeHealth trial?

The HomeHealth trial is testing a new service (*HomeHealth*) to support people aged 65 and over who are beginning to find it difficult to do the things they like to do for themselves. It was developed in 2015 and was received well in our pilot study. We are now testing it to see whether it makes a difference to health and wellbeing in later life and if it would be good value if it was commissioned by the NHS.

Why have you asked me?

GP practices and other local organisations are helping us to find people who might want to take part in this study.

You might be interested in taking part if:

- you have less energy
- your muscles feel weaker
- you have lost weight (without trying)
- you are walking more slowly
- everyday activities feel more of a struggle

If any of these symptoms describe how you feel, contact us using the details on the front.

Why do we need a new service?

As people get older they are more likely to experience low energy, muscle loss, weakness and appetite loss. These are common and if they are not dealt with they can leave you feeling 'slowed up' and less able to 'bounce back' if you get ill. Having early support can help to keep you healthy and independent for longer.

What will I have to do?

A researcher will arrange a convenient time to talk by phone or visit you at home to explain the project, and ask you about your health and wellbeing. If they visit you at home, they will also take some health measurements, such as muscle strength and walking speed.

What will happen next?

You will then be randomly put into one of 2 groups so we can compare whether the new service is better than existing support.

Group 1: If you are put into this group, you will not receive the service.

Group 2: If you are put into this group you will receive the *HomeHealth* service

Both groups will continue to have access to the usual care or services available to you, such as your GP, whilst you are in the project. Everyone taking part will also receive a booklet listing local services and healthy living information for later life.

Our researcher will contact you after 6 and 12 months to ask about your health and well-being. If home visits are possible they will test your muscle strength and walking speed, to look for changes. The appointments with the researcher will take about an hour. We will give you a £10 gift voucher for each assessment you take part in (max 3).