Table S1: Sample characteristics at baseline

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|  | M (SD) | Percent |
| Age | 85.2 (±3.4) |  |
| Sex | Female | 66.7 |
| Male | 33.3 |
| Education | Low | 58.4 |
| Middle | 29.3 |
| High | 12.3 |
| Living situation | Living alone in private household | 50.3 |
| Not living alone in private household | 49.7 |
| Family status | Single | 6.7 |
| Married | 32.7 |
| Divorced | 4.8 |
| Widowed | 55.8 |
| Depressive symptoms (GDS; from 0 = no depressive symptoms to 15 = severe depressive symptoms) | 2.5 (±2.4) |  |
| Disability (IADL; from 0 = best score to 8 = worst score) | 1.7 (±2.2) |  |
| n=4,714; M = Mean; SD = Standard Deviation | | |