**Supplementary Material 2. Participants’ characteristics (N = 294)**

|  |  |
| --- | --- |
| Variable | n (%) |
| **Sex** |  |
| 　Men | 116 (39.5%) |
| 　Women | 178 (60.5%) |
| **Age (years)** |  |
| 　< 10 | 30 (10.2%) |
| 　10–19 | 6 (2.0%) |
| 　20–29 | 9 (3.1%) |
| 　30–39 | 14 (4.8%) |
| 　40–49 | 9 (3.1%) |
| 　50–59 | 14 (4.8%) |
| 　60–69 | 29 (9.9%) |
| 　70–79 | 34 (11.6%) |
| 　80–89 | 88 (30.0%) |
| 　90–99 | 58 (19.7%) |
| 　≥ 100 | 4 (1.4%) |
| **Support/care level** |  |
| 　Not certified | 103 (35.0%) |
| 　Support level 1 | 4 (1.4%) |
| 　Support level 2 | 9 (3.1%) |
| 　Care level 1 | 31 (10.5%) |
| 　Care level 2 | 36 (12.2%) |
| 　Care level 3 | 30 (10.2%) |
| 　Care level 4 | 48 (16.3%) |
| 　Care level 5 | 33 (11.2%) |
| **Physical status** |  |
| 　Independent | 117 (39.7%) |
| 　Semi-bedridden | 72 (24.5%) |
| 　Bedridden | 105 (35.7%) |
| **Cognitive function** |  |
| 　Independent but with cognitive disability | 21 (7.1%) |
| 　Watching need | 49 (16.7%) |
| 　Assistance needed occasionally | 52 (17.7%) |
| 　Always need assistance  | 10 (3.4%) |
| Special care needed | 3 (1.0%) |
| 　Independent with no dementia | 159 (54.1%) |
| **Main disease** |  |
| 　Neurodegenerative disease | 102 (34.7%) |
| 　Congenital disease | 84 (28.6%) |
| 　Cerebrovascular disease | 31 (10.5%) |
| 　Musculoskeletal disease | 18 (6.1%) |
| 　Malignant tumour | 15 (5.1%) |
| 　Cardiovascular disease | 15 (5.1%) |
| 　Endocrine and metabolic disease | 9 (3.1%) |
| 　Mental disease | 7 (2.4%) |
| 　Infection | 6 (2.0%) |
| 　Autoimmune disease | 6 (2.0%) |
| 　Digestive disease | 4 (1.4%) |
| 　Renal and urogenital disease | 4 (1.4%) |
| 　Other | 4 (1.4%) |