

TOP UP Study: Intervention description using the template for intervention description and replication (TIDieR) checklist

1. Brief Name	Telehealth physiotherapy-led exercise (TOP UP) Study to improve mobility in older people receiving aged care services.
2. Why	Older people receiving aged care services have a high prevalence of mobility disability and a high rate of falls. Physiotherapy-led exercise programs that increase leg strength and challenge balance are proven to improve mobility and reduce falls. Telehealth is emerging as an effective method to deliver physiotherapy to improve access in regional areas and during COVID-19.
3. What materials	Participants allocated to the TOP UP exercise program will be provided with a mobile tablet with internet connectivity to access Zoom, online exercise videos and the StandingTall app. Participants will receive a booklet comprising descriptions of their home exercise program based on the Otago exercise program, an exercise and falls calendar, ankle weights (one and two kg), details on how to access and connect to the online exercise programs, and balance support such as a sturdy dining chair, kitchen bench, parallel bars or wall bar.
4. What procedures	TOP UP physiotherapists will deliver balance and strength exercise prescription advice and health coaching using telehealth. Participants will be supported to access zoom to videoconference with a physiotherapist and aim to exercise for two hours per week supported by TOP UP Coaches (trained care staff of the participant's aged care service provider). The research team will provide the physiotherapists and TOP UP Coaches with a two-hour training session on the study protocol at the beginning of the study.
5. Who provides	The intervention will be conducted by either the research team's physiotherapists or other registered physiotherapists employed by the study's aged care partners. All physiotherapists will have 3 years+ experience in working in aged care supervising care staff. TOP UP Coaches will be selected by the aged care service providers from their interested pool of care workers.
6. How	TOP UP Coaches will support the participant to gain access to the technology for the Zoom physiotherapy sessions, lead group exercise classes in residential aged care, and supervise weekly the individual exercise programs using the participant exercise booklet, online exercise videos, and app. Participants allocated to the wait-list control group will receive a similar three-month intervention once the trial is completed.
7. Where	The TOP UP Study will be delivered in the participant's home or in the residential aged care facility where they live. Participants will be recruited from aged care service providers that deliver residential and home care services across metropolitan and regional areas in Australia.
8. When and how much	The six-month intervention will include ten zoom sessions where the physiotherapists will devise moderate-intensity exercise program and use health coaching principles to encourage participants to exercise for two hours per week. The participants can follow their exercise program via exercise sheets in the participant booklet, follow 20–30-minute exercise videos on the TOP UP website, attend group exercise programs, or follow the StandingTall app. The program will focus on standing balance and strength exercises. Participants will be provided with 30 min of supervised exercise with their TOP UP Coach each week to support the program dose and safety.
9. Tailoring	The exercise program will be tailored to the individual's capabilities and comorbidities by a physiotherapist at assessment and subsequent assessment. The physiotherapist will introduce supervised and unsupervised exercise and introduce online exercise resources that challenge balance and lower limb strength when appropriate.