

Successful Aging Workshop Randomization Protocol

- **Congratulations!** You have just been assigned to the Successful Aging group.
- **Purpose:** the Successful Aging group is designed to help people successfully negotiate the challenges that go along with aging.
- **Provide a list of Successful Aging Workshops and a current Calendar** and explain that the participant is expected to attend weekly for the first 6 months, then monthly. Let the participant know that they will continue to receive updated calendars in the future, and a monthly newsletter.
- If possible, give participant a tour and brief orientation to workshop classroom (when to arrive, where to sign in, where to look for handouts, what to do if unable to attend a class).
- **Complete Successful Aging Participant-Staff Contract**
- **Give business card** of workshop coordinator and encourage him/her to call if he/she has any problems or questions.
- **Discuss participant's transportation options** (i.e., to the intervention)
- Follow all clinic **Check out Procedures; Validate parking (if necessary)**
- **Thank** the participant and **say good-bye.**
- **Return** to the RZ computer software program, **print randomization assignment; file hardcopy.**
- **Intervention referral form:** Complete randomization referral form and email it to physical activity interventionists.
- **Update** contact database.