



Function & Quality of Life in Older Age

Last reviewed March 2020

Effects of a High-Intensity Functional Exercise Program on Dependence in Activities in Daily Living and Balance in Older Adults with Dementia

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4722852/>

This cluster-randomized controlled trial investigated the effects of a high-intensity functional exercise program on independence in activities of daily living (ADLs) and balance in older people with dementia and whether exercise effects differed between dementia types. (OPEN ACCESS)

Physical Exercise with Music Maintains Activities of Daily Living with Patients with Dementia: Mihama-Kiho Project Part 21

<https://www.ncbi.nlm.nih.gov/pubmed/28222531>

The authors described a pilot study which sought to identify if physical exercise with music improves cognitive function and activities of daily living (ADLs) in dementia patients over cognitive stimulation. (PAID ACCESS)

Passive Exercise to Improve Quality of Life, Activities of Daily Living, Care Burden and Cognitive Functioning in Institutionalized Older Adults with Dementia – A Randomized Controlled Trial Study Protocol

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6092789/>

This multicenter randomized controlled trial aimed to investigate the effects of three different forms of passive exercise on quality of life and activities of daily living of institutionalized patients with dementia as well as the effects of three different forms of passive exercise on cognitive function and physical functioning of institutionalized patients with dementia, as well as on care burden of both the primary formal and primary informal caregivers of these patients. (OPEN ACCESS)

Comparison of Effect of Two Exercise Programs on Activities of Daily Living in Individuals with Dementia: A 9-Week Randomized, Controlled Trial

<https://onlinelibrary.wiley.com/doi/full/10.1111/jgs.14160>

The objective of this article was to compare the effects of two exercise programs on proxy- and performance-based measures of activities of daily living (ADLs) and to explore potential motor and cognitive mediators underlying ADL improvements in individuals with dementia. (PAID ACCESS)

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Dissemination of the CAPABLE Model of Care in a Medicaid Waiver Program to Improve Physical Function <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jgs.15713>

This article describes a 3-year participatory, single-group pre-trial/post-trial benchmarked to a usual care cohort that was evaluated prior to the study that illustrates that CAPABLE (Community Aging in Place, Advancing Better Living for Elders) may be one solution to helping vulnerable, low-income older adults with poor physical function remain living in the community. (OPEN ACCESS)

Effectiveness of a Proactive Primary Care Program on Preserving Daily Functioning of Older People: A Cluster Randomized Controlled Trial

<https://onlinelibrary.wiley.com/doi/epdf/10.1111/jgs.14325>

The purpose of this article was to discuss the findings of a single-blind, three-arm, cluster-randomized controlled trial with 1 year follow up with sought to determine the effectiveness of a proactive primary care program on the daily functioning of older people in primary care. (OPEN ACCESS)

Long-Term Outcome for ADL Following the Health-Promoting RCT – Elderly Persons in the Risk Zone <https://doi.org/10.1093/geront/gns121>

The purpose of this randomized, three-armed single-blind, and controlled study was to examine independence in activities of daily living (ADL) at the 1 and 2 year follow-ups of the health-promoting study Elderly Persons in the Risk Zone. (OPEN ACCESS)

The Perceived Functional Benefit of Dynamic Arm Supports in Daily Life

<https://www.rehab.research.va.gov/jour/2016/536/pdf/JRRD-2015-06-0099.pdf>

The authors describe a cross-sectional study investigating the perceived function of using dynamic arm supports on activities of daily living in people with limited upper-limb function. (OPEN ACCESS)

Home-Based Care Program Reduces Disability and Promotes Aging in Place

<https://www.healthaffairs.org/doi/10.1377/hlthaff.2016.0140>

The authors discuss the CAPABLE (Community Aging in Place, Advancing Better Living for Elders) program and its' outcomes associated with a reduction in the disability of community-dwelling low-income older adults. (OPEN ACCESS)

Advances in Sensor Monitoring Effectiveness and Applicability: A Systematic Review and Update <https://doi.org/10.1093/geront/gnz049>

This updated review investigated the applicability and effectiveness of sensor networks in measuring and supporting activities of daily living (ADLs) among non-demented older adults. The authors suggest that sensors should focus on ADLs that are sensitive to the earliest signs of cognitive decline. (OPEN ACCESS)

Getting Back to Normal: A Grounded Theory Study of Function in Post-Hospitalized Older Adults <https://doi.org/10.1093/geront/gnz057>

This study aimed to describe how older adults understand and define a transition process. (OPEN ACCESS)

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Inpatient Walking Activity to Predict Readmission in Older Adults

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5325689/>

This prospective observational clinical cohort study utilized accelerometer data and in-hospital activities of daily living (ADL) in older acutely ill patients to identify walking thresholds to minimize re-hospitalization. (OPEN ACCESS)

Recovery of Activities of Daily Living Among Older People One Year After Hip Fracture

<https://doi.org/10.1177/1054773815573261>

This article describes a cohort study that aimed to determine the functional recover of older people, who were previously independent in activities in daily living (ADLs) and without cognitive impairment, in the year following a fall-related hip fracture. (PAID ACCESS)

Functional Independence in Late-Life: Maintaining Physical Functioning in Older Adulthood Predicts Daily Life Function after Age 80

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5865534/>

This article describes an examination of physical functioning (PF) trajectories (maintaining, slowly declining, and rapidly declining) over a period of 15 years in older women aged 65 to 80 years of age and protective factors that predicted functional independence outcomes after age 80. (OPEN ACCESS)

Aging with Long-Term Mobility Impairment: Maintaining Activities of Daily Living via Selection, Optimization, and Compensation

<https://academic.oup.com/gerontologist/article-lookup/doi/10.1093/geront/gnx186>

This qualitative study explored the perceptions of adults aged 52 to 86 years of age with long-term mobility impairment of how and why particular ADL/IADL routines changed over time. The findings shed light into the challenges experienced in aging with mobility impairments. (OPEN ACCESS)

The Instrumental Activity of Daily Living Profile in Aging: A Feasibility Study

<https://www.ncbi.nlm.nih.gov/pubmed/27079703>

The aim of this study was to assess the feasibility of using the Instrumental Activities of Daily Living Profile (IADL Profile) with older adults. (PAID ACCESS)

The Historical Progression From ADL Scrutiny to IADL to Advanced ADL: Assessing Functional Status in the Earliest Stages of Dementia

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6230209/>

This longitudinal cohort study with older adults sought to clarify the relationships between functional status and cognitive ability. (OPEN ACCESS)

Progressive Support for Activities of Daily Living for Persons Living With Dementia

<https://doi.org/10.1093/geront/gnx103>

This report summarizes the grey and peer-reviewed literature regarding guidelines and evidence-based dementia care practices for one early stage, one middle stage, and one late stage ADL loss: dressing, toileting, and eating/nutrition. The authors provide recommendations based on their findings. (OPEN ACCESS)

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The Erlangen Test of Activities of Daily Living in Persons with Mild Dementia or Mild Cognitive Impairment (ETAM) – An Extended Validation

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6154426/>

The aim of this study was to confirm the validity of the ETAM in persons with mild cognitive impairment (MCI) or mild dementia and to examine its application in persons with moderate dementia. (OPEN ACCESS)

The Relationship Between Basic, Instrumental, and Advanced Activities of Daily Living and Executive Functioning in Geriatric Patients with Neurocognitive

Disorders <https://www.ncbi.nlm.nih.gov/pubmed/30761619>

The purpose of this study was to explore the relationship between executive function and the threefold classification of everyday functioning and examined how executive function account for the variation in this triad of everyday functioning. The authors suggest using the TMT0A, DCT and AFT screening tools to assess the need for profound evaluation of ADLs in older persons with neurocognitive disorders. (PAID ACCESS)

The Association Between Cognitive Fluctuations and Activities of Daily Living and Quality of Life Among Institutionalized Patients with Dementia

<https://www.ncbi.nlm.nih.gov/pubmed/28940504>

The study described examined the nature and frequency of cognitive fluctuations in institutionalized dementia patients and the associated impact on patients' activities of daily living (ADLs) and quality of life (QOL). (PAID ACCESS)

Retrieval Cue and Delay Interval Influence the Relationship Between Prospective Memory and Activities of Daily Living in Older Adults

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4877177/>

This study examined whether the strategic demands of retrieval cue type and delay interval length influence the relationship between prospective memory and activities of daily living in older adults. (OPEN ACCESS)

Sleep Disturbance, Activities of Daily Living, and Depressive Symptoms among Older Adults

<https://www.tandfonline.com/doi/abs/10.1080/07317115.2017.1408733?journalCode=wcli20>

This article discusses a study which examined associations between sleep problems, activities of daily living (ADLs) and whether depressive symptoms or suicide risk among older adults. The authors advise that practitioners should attend to ADL performance when treating older adults with insomnia and depression. (PAID ACCESS)

A Comprehensive Overview of Activities of Daily Living in Existing Frailty Instruments: A Systematic Literature Search

<https://doi.org/10.1093/geront/gnz147>

The aims this systematic review was to determine if, and to what extent and how activities of daily living are evaluated by frailty assessment tools. (OPEN ACCESS)

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Indoor Nature Interventions for Health and Wellbeing of Older Adults in Residential Settings: A Systematic Review <https://doi.org/10.1093/geront/gnz019>

This review focused on quantitative studies on health and wellbeing impacts of indoor forms of nature (both real and simulated/artificial) for older adults in residential settings. **(OPEN ACCESS)**

Are Self-Reported Neighbourhood Characteristics Associated with Onset of Functional Limitations in Older Adults With or Without Memory Impairment?

<http://jech.bmj.com/cgi/pmidlookup?view=long&pmid=27154180>

The authors evaluated the extent to which neighbourhood context was related to onset of instrumental and basic activities of daily living (I/ADL) limitations and whether relationships were modified by memory impairment. **(PAID ACCESS)**

Associations of Environmental Factors With Quality of Life in Older Adults

<https://doi.org/10.1093/geront/gnx051>

The authors conducted this study to develop a measurement tool for assessing the factors of older adults' perceptions of their environment to examine the association of environmental factors with quality of life domains (physical healthy, psychological, social relations and environmental) controlling for background characteristics. **(OPEN ACCESS)**

Implications of Perceived Neighborhood Quality, Daily Discrimination, and Depression for Social Integration Across Mid- and Later Life: A Case of Person-Environment Fit? <https://doi.org/10.1093/geront/gnz103>

This study examines longitudinal associations of perceived neighborhood quality, daily discrimination, and depression with social integration among midlife and older adults, and tests whether perceived neighborhood quality is of increased importance with age and/or in the contexts of discrimination and depression. **(OPEN ACCESS)**

Later-Life Disability in Environmental Context: Why Living Arrangements Matter

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6137343/>

This study investigated the risk of older adults' disability progression by type of living arrangement and whether the relationship varies by socioeconomic status. **(OPEN ACCESS)**

Living Arrangements and Quality of Life: Mediation by Physical Function and Depression <https://www.ncbi.nlm.nih.gov/pubmed/26681670>

This cross-sectional study aimed to examine the relationship between health-related quality of life (HRQ), activities of daily living (ADLs), depression, and living arrangements among older adults. **(PAID ACCESS)**

How to Improve the Quality of Life of Elderly People with Intellectual Disability: A Systematic Literature Review of Support Strategies

<https://www.ncbi.nlm.nih.gov/pubmed/30575226>

This review identifies the importance of funding, provision and organization of services and personnel education and cooperation among different support system. **(PAID ACCESS)**