



Function and Quality of Life in Older Age

Last reviewed November 2021

Topics include physical and cognitive functions, activities of daily living, instrumental activities of daily living, sleep problems, obesity, dementia, environmental considerations, spirituality, COVID-19 restrictions, effective clinicians' counseling, and their impact on quality of life of older adults.

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)

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, what actions they take based on their understanding, and what consequences they experience as they transition. (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)

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

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

This report summarized 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 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 Trail Making Test A (TMT-A), Clock Drawing Test (CDT) and Animal Fluency Test (AFT) screening tools to assess the need for profound evaluation of ADLs in older persons with neurocognitive disorders. (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>

This systematic literature review aimed to provide a comprehensive overview to determine if, to what extent, and how activities of daily living are evaluated by frailty assessment tools. (OPEN ACCESS)

Indoor Nature Interventions for Health and Wellbeing of Older Adults in Residential Settings: A Systematic Review

<https://doi.org/10.1093/geront/gnx019>

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)

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 health, psychological, social relations and environmental) controlling for background characteristics. (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, such as household composition and housing type, and whether the relationship varies by socioeconomic status. (OPEN 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 identified the importance of funding, provision and organization of services and personnel education and cooperation among different support system. (OPEN ACCESS)

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Physical Fitness in Institutionalized Older Adults with Dementia: Association with Cognition, Functional Capacity and Quality of Life

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7591410/>

This cross-sectional study aimed to clarify the association between different physical fitness components, as a modifiable factor throughout life particularly with exercise engagement, with cognitive function, functional capacity and quality of life among institutionalized older adults with dementia. (OPEN ACCESS)

The Impact of Cohousing on Older Adults' Quality of Life

<https://www.cambridge.org/core/journals/canadian-journal-on-aging-la-revue-canadienne-du-vieillessement/article/impact-of-cohousing-on-older-adults-quality-of-life/39E4124B157D2BB9BC4B313DC8B728AB>

This mixed method study aimed to examine the impact of cohousing on older adults' quality of life and provided foundational, strong evidence on seniors' cohousing as an innovative housing solution that can support older adults' quality of life. (PAID ACCESS)

The Mental Activity and eXercise (MAX) Trial: Effects on Physical Function and Quality of Life among Older Adults with Cognitive Complaints

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5760217/>

These analyses examined the combined effects of exercise plus mental activity on physical function and health-related quality of life among older adults with cognitive complaints. (OPEN ACCESS)

The Impact of the COVID-19 Pandemic on Wellbeing and Cognitive Functioning of Older Adults

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7907111/>

This study examined possible vulnerability and protective factors that might have influenced the impact of the COVID-19 period on the wellbeing and cognitive functioning of older adults. (OPEN ACCESS)

COVEPIC (Cognitive and spOrt Virtual EPIC training) investigating the effects of home-based physical exercise and cognitive training on cognitive and physical functions in community-dwelling older adults: study protocol of a randomized single-blinded clinical trial

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8319877/>

This study aimed to document the effects of 6 months of home-based physical exercise alone versus home-based physical exercise combined with cognitive training on cognitive and physical functions in adults 50 years and older. The authors suggest that remote interventions represent a promising strategy to help maintain or enhance health and cognition in seniors, and potentially an opportunity to reach older adults in remote areas, where access to such interventions is limited. (OPEN ACCESS)

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Spirituality and Quality of Life in Older Adults: A Path Analysis Model

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7391807/>

This study aimed to enhance knowledge on the relationship between psychological variables such as social support, functionality and the spirituality and sociodemographic variables, and quality of life in elderly, in order to promote social support, empowerment on individual health and education policies adjust to the elderly people needs. **(OPEN ACCESS)**

Instrument to Measure Quality of Life in Institutionalized Older Adults: Systematic Review

<https://pubmed.ncbi.nlm.nih.gov/32178880/>

This study analyzed the available instruments intended to measure the quality of life of institutionalized older adults, the psychometric properties of said instruments, and their use. **(PAID ACCESS)**

Does Health Professional Counseling Impact the Quality-of-Life Levels of Older Adults Enrolled in Physical Activity Programs?

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7231264/>

This study discussed the importance of counseling by sport and exercise professionals to increase health-related quality of life of the older adults and results from current study can be used by primary healthcare settings to improve exercise counseling directed to older people. **(OPEN ACCESS)**