

## Complex interventions to improve physical function and maintain independent living in elderly people: a systematic review and meta-analysis

	Not living at home	Death	Nursing home admission	Hospital admission	People with falls	Physical function
Number	79 578	93 754	79 575	20 047	15 607	21 651
Date						
1992 and earlier	0.89 (0.84 to 0.93) ( <i>I</i> <sup>2</sup> =7.7%)	0.93 (0.88 to 0.98) ( <i>I</i> <sup>2</sup> =19.4%)	0.80 (0.72 to 0.89) ( <i>I</i> <sup>2</sup> =15.2%)	0.97 (0.92 to 1.02) ( <i>I</i> <sup>2</sup> =55.9%)	0.91 (0.85 to 0.97) ( <i>I</i> <sup>2</sup> =70.0%)	-0.12 (-0.16 to -0.07) ( <i>I</i> <sup>2</sup> =20.8%)
1993 and later	0.97 (0.94 to 0.99) ( <i>I</i> <sup>2</sup> =34.4%)	1.02 (0.99 to 1.05) ( <i>I</i> <sup>2</sup> =0%)	0.88 (0.84 to 0.92) ( <i>I</i> <sup>2</sup> =39.5%)	0.92 (0.88 to 0.96) ( <i>I</i> <sup>2</sup> =16.0%)	0.90 (0.85 to 0.96) ( <i>I</i> <sup>2</sup> =41.8%)	-0.06 (-0.10 to -0.03) ( <i>I</i> <sup>2</sup> =50.6%)
All	0.95 (0.93 to 0.97) ( <i>I</i> <sup>2</sup> =29.3%)	1.00 (0.97 to 1.02) ( <i>I</i> <sup>2</sup> =10.6%)	0.87 (0.83 to 0.90) ( <i>I</i> <sup>2</sup> =29.0%)	0.94 (0.91 to 0.97) ( <i>I</i> <sup>2</sup> =43.0%)	0.90 (0.86 to 0.95) ( <i>I</i> <sup>2</sup> =52.8%)	-0.08 (-0.11 to -0.06) ( <i>I</i> <sup>2</sup> =45.9%)

**Webtable 4:** Relative risk (95% CIs) of outcome by date recruitment started (standardised mean difference for physical function) and *I*<sup>2</sup> heterogeneity statistic

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