

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	74 845	84 597	74 842	19 188	14 811	16 077
Age quartiles (years)						
≤74	0.86 (0.79 to 0.94) (I ² =13.3%)	0.93 (0.86 to 1.00) (I ² =47.4%)	0.79 (0.62 to 1.01) (I ² =0%)	0.97 (0.91 to 1.03) (I ² =44.9%)	0.89 (0.83 to 0.96) (I ² =59.8%)	-0.16 (-0.22 to -0.10) (I ² =19.7%)
74.1-77.3	0.94 (0.82 to 1.08) (I ² =48.6%)	0.89 (0.79 to 1.01) (I ² =7.1%)	1.25 (0.93 to 1.68) (I ² =0%)	0.88 (0.81 to 0.95) (I ² =37.9%)	0.90 (0.81 to 1.00) (I ² =81.7%)	-0.10 (-0.17 to -0.04) (I ² =54.5%)
77.4-80.5	0.92 (0.86 to 0.99) (I ² =14.1%)	0.96 (0.89 to 1.04) (I ² =0%)	0.84 (0.74 to 0.95) (I ² =16.3%)	0.98 (0.92 to 1.04) (I ² =60.1%)	0.88 (0.79 to 0.98) (I ² =0%)	-0.11 (-0.20 to -0.02) (I ² =66.7%)
≥80.7	0.96 (0.94 to 0.98) (I ² =20.1%)	1.02 (0.99 to 1.06) (I ² =0%)	0.87 (0.83 to 0.91) (I ² =55.7%)	0.92 (0.85 to 0.98) (I ² =20.1%)	0.95 (0.85 to 1.06) (I ² =23.3%)	-0.02 (-0.08 to 0.03) (I ² =0%)
All	0.95 (0.93 to 0.97) (I ² =26.6%)	1.00 (0.97 to 1.02) (I ² =14.8%)	0.87 (0.83 to 0.91) (I ² =28.9%)	0.94 (0.91 to 0.97) (I ² =45.2%)	0.90 (0.86 to 0.95) (I ² =56.3%)	-0.09 (-0.12 to -0.06) (I ² =47.2%)

Data were not available from some studies for death rates and mean age.

Webtable 5: Relative risk (95% CIs) of outcome by mean age at recruitment (standardised mean difference for physical function) and I² heterogeneity statistic

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