Appendix B

References for included articles

- 1. Aartolahti E, Hakkinen A, Lonnroos E, et al. Relationship between functional vision and balance and mobility performance in community-dwelling older adults. *Aging Clin Exp Res.* 2013;25(5):545-52.10.1007/s40520-013-0120-z.
- 2. Abellan van Kan G, Cesari M, Gillette-Guyonnet S, et al. Sarcopenia and cognitive impairment in elderly women: results from the EPIDOS cohort. *Age Ageing*. 2013;42(2):196-202.10.1093/ageing/afs173.
- 3. Ahluwalia SC, Gill TM, Baker DI, et al. Perspectives of older persons on bathing and bathing disability: A qualitative study. *J Am Geriatr Soc.* 2010;58(3):450-6.
- 4. Behm L, Eklund K, Wilhelmson K, et al. Health Promotion Can Postpone Frailty: Results from the RCT Elderly Persons in the Risk Zone. *Public Health Nurs*. 2016;33(4):303-15.10.1111/phn.12240.
- 5. Berkemeyer S, Schumacher J, Thiem U, et al. Bone T-scores and functional status: A cross-sectional study on german elderly. *PLoS ONE*. 2009;4(12).10.1371/journal.pone.0008216.
- 6. Blain H, Carriere I, Sourial N, et al. Balance and walking speed predict subsequent 8-year mortality independently of current and intermediate events in well-functioning women aged 75 years and older. *J Nutr Health Aging*. 2010;14(7):595-600.10.1007/s12603-010-0111-0.
- 7. Bollwein J, Diekmann R, Kaiser MJ, et al. Dietary quality is related to frailty in community-dwelling older adults. *J Gerontol A Biol Sci Med Sci*. 2013;68(4):483-9.10.1093/gerona/gls204.
- 8. Brown CJ, Kennedy RE, Lo AX, et al. Impact of Emergency Department Visits and Hospitalization on Mobility Among Community-Dwelling Older Adults. *Am J Med*. 2016;129(10):1124.e9-.e15.10.1016/j.amjmed.2016.05.016.
- 9. Byles JE, Leigh L, Vo K, et al. Life space and mental health: a study of older community-dwelling persons in Australia. *Aging & Mental Health*. 2015;19(2):98-106.10.1080/13607863.2014.917607.
- 10. Calvert JF, Kaye J, Leahy M, et al. Technology use by rural and urban oldest old. *Technol Health Care*. 2009;17(1):1-11.10.3233/THC-2009-0527.
- 11. Chipperfield JG, Newall NE, Chuchmach LP, et al. Differential determinants of men's and women's everyday physical activity in later life. *Journals of Gerontology Series B Psychological Sciences and Social Sciences*. 2008;63(4):S211-S8.
- 12. Diez-Ruiz A, Bueno-Errandonea A, Nunez-Barrio J, et al. Factors associated with frailty in primary care: a prospective cohort study. *BMC Geriatr.* 2016;16:91.10.1186/s12877-016-0263-9.
- 13. Eckerblad J, Theander K, Ekdahl A, et al. To adjust and endure: a qualitative study of symptom burden in older people with multimorbidity. *Appl Nurs Res.* 2015;28(4):322-7.10.1016/j.apnr.2015.03.008.
- El-Khoury F, Cassou B, Latouche A, et al. Effectiveness of two year balance training programme on prevention of fall induced injuries in at risk women aged 75-85 living in community: Ossébo randomised controlled trial. BMJ (Online). 2015;351.10.1136/bmj.h3830.
- 15. Eronen J, von Bonsdorff M, Rantakokko M, et al. Socioeconomic Status and Life-Space Mobility in Old Age. *Journal of aging and physical activity*. 2016;24(4):617-23.10.1123/japa.2015-0196.
- 16. Fabre JM, Wood RH, Cherry KE, et al. Age-related deterioration in flexibility is associated with health-related quality of life in nonagenarians. *J Geriatr Phys Ther.* 2007;30(1):16-22.

- 17. Formiga F, Ferrer A, Padrós G, et al. Diabetes Mellitus as a Risk Factor for Functional and Cognitive Decline in Very Old People: The Octabaix Study. *Journal of the American Medical Directors Association*. 2014;15(12):924-8.10.1016/j.jamda.2014.07.019.
- Formiga F, Ferrer A, Padros G, et al. Evidence of functional declining and global comorbidity measured at baseline proved to be the strongest predictors for long-term death in elderly community residents aged 85 years: A 5-year follow-up evaluation, the OCTABAIX study. Clin Interv Aging. 2016;11:437-44.10.2147/CIA.S101447.
- 19. Fritel X, Lachal L, Cassou B, et al. Mobility impairment is associated with urge but not stress urinary incontinence in community-dwelling older women: results from the Ossebo study. *BJOG.* 2013;120(12):1566-72.10.1111/1471-0528.12316.
- 20. Gustafsson S, Eklund K, Wilhelmson K, et al. Long-term outcome for ADL following the health-promoting RCT elderly persons in the risk zone. *Gerontologist.* 2013;53(4):654-63.10.1093/geront/gns121.
- 21. Gustafsson S, Wilhelmson K, Eklund K, et al. Health-promoting interventions for persons aged 80 and older are successful in the short term results from the randomized and three-armed Elderly Persons in the Risk Zone study. *J Am Geriatr Soc.* 2012;60(3):447-54.10.1111/j.1532-5415.2011.03861.x.
- 22. Hammar IO, Dahlin-Ivanoff S, Wilhelmson K, et al. Shifting between self-governing and being governed: A qualitative study of older persons' self-determination. *BMC Geriatr*. 2014;14(1).10.1186/1471-2318-14-126.
- 23. Hegendörfer E, Vaes B, Andreeva E, et al. Predictive Value of Different Expressions of Forced Expiratory Volume in 1 Second (FEV1) for Adverse Outcomes in a Cohort of Adults Aged 80 and Older. *Journal of the American Medical Directors Association*. 2017;18(2):123-30.10.1016/j.jamda.2016.08.012.
- 24. Heyl V, Wahl H. Cognitive ability as a resource for everyday functioning among older adults who are visually impaired. *Journal of Visual Impairment & Blindness*. 2010;104(7):391-403.
- 25. Hoeksema AR, Spoorenberg S, Peters LL, et al. Elderly with remaining teeth report less frailty and better quality of life than edentulous elderly: a cross-sectional study. *Oral Dis.* 2017;23(4):526-36.10.1111/odi.12644.
- 26. Horgen G, Eilertsen G, Falkenberg H. Lighting old age how lighting impacts the ability to grow old in own housing, part one. *Work.* 2012;41 Suppl 1:3385-7.10.3233/wor-2012-0612-3385.
- 27. Houston DK, Tooze JA, Davis CC, et al. Serum 25-hydroxyvitamin D and physical function in older adults: the Cardiovascular Health Study All Stars. *J Am Geriatr Soc.* 2011;59(10):1793-801.10.1111/j.1532-5415.2011.03601.x.
- 28. Idland G, Rydwik E, Smastuen MC, et al. Predictors of mobility in community-dwelling women aged 85 and older. *Disabil Rehabil*. 2013;35(11):881-7.10.3109/09638288.2012.712195.
- 29. Iwarsson S, Horstmann V, Carlsson G, et al. Person-environment fit predicts falls in older adults better than the consideration of environmental hazards only. *Clin Rehabil*. 2009;23(6):558-67.10.1177/0269215508101740.
- 30. Landi F, Russo A, Liperoti R, et al. Anorexia, physical function, and incident disability among the frail elderly population: Results from the ilSIRENTE study. *Journal of the American Medical Directors Association*. 2010;11(4):268-74.10.1016/j.jamda.2009.12.088.
- 31. Landi F, Russo A, Liperoti R, et al. Midarm muscle circumference, physical performance and mortality: Results from the aging and longevity study in the Sirente geographic area (iISIRENTE study). *Clin Nutr.* 2010;29(4):441-7.10.1016/j.clnu.2009.12.006.
- 32. Laudisio A, Marzetti E, Antonica L, et al. Metabolic syndrome and quality of life in the elderly: Age and gender differences. *Eur J Nutr.* 2013;52(1):307-16.

- 33. Laudisio A, Marzetti E, Franceschi F, et al. Disability is associated with emergency room visits in the elderly: a population-based study. *Aging Clin Exp Res.* 2015;27(5):663-71.10.1007/s40520-015-0324-5.
- 34. Laudisio A, Marzetti E, Pagano F, et al. Masticatory dysfunction is associated with worse functional ability: a population-based study. *J Clin Periodontol*. 2010;37(2):113-9.10.1111/j.1600-051X.2009.01518.x.
- 35. Lofqvist C, Tomsone S, Iwarsson S, et al. Changes in Home and Health over Nine Years among very Old People in Latvia Results from the ENABLE-AGE Project. *Journal of cross-cultural gerontology*. 2017;32(1):17-29.
- 36. Mangani I, Cesari M, Russo A, et al. Physical function, physical activity and recent falls. Results from the 'Invecchiamento e Longevità nel Sirente (ilSIRENTE)' Study. *Aging Clinical & Experimental Research.* 2008;20(3):234-41.
- 37. Mänty M, Rantanen T, Era P, et al. Fatigue and depressive symptoms in older people. *J Appl Gerontol.* 2014;33(4):505-14.10.1177/0733464812454011.
- 38. Mikkola TM, Polku H, Portegijs E, et al. Self-reported hearing is associated with time spent out-of-home and withdrawal from leisure activities in older community-dwelling adults. *Aging Clin Exp Res.* 2016;28(2):297-302.10.1007/s40520-015-0389-1.
- 39. Mikkola TM, Portegijs E, Rantakokko M, et al. Association of self-reported hearing difficulty to objective and perceived participation outside the home in older community-dwelling adults. *J Aging Health*. 2015;27(1):103-22.10.1177/0898264314538662.
- 40. Murabito JM, Pencina MJ, Kelly-Hayes M, et al. Temporal trends in self-reported functional limitations and physical disability among the community-dwelling elderly population: the Framingham Heart Study. *Am J Public Health*. 2008;98(7):1256-62.10.2105/AJPH.2007.128132.
- 41. Muscari A, Bianchi G, Forti P, et al. Physical Activity and Other Determinants of Survival in the Oldest Adults. *J Am Geriatr Soc.* 2017;65(2):402-6.10.1111/jgs.14569.
- 42. Nitsch D, Mann AG, Bulpitt C, et al. Impairment of kidney function and reduced quality-of-life in older people: A cross-sectional study. *Age Ageing*. 2011;40(3):381-7.10.1093/ageing/afr024.
- 43. Nykänen I, Lönnroos E, Kautiainen H, et al. Nutritional screening in a population-based cohort of community-dwelling older people. *European Journal of Public Health*. 2013;23(3):405-9.10.1093/eurpub/cks026.
- 44. Polku H, Mikkola TM, Rantakokko M, et al. Self-reported hearing difficulties and changes in life-space mobility among community-dwelling older adults: a Two-year follow-Up study. *BMC Geriatr*. 2015;15:121.10.1186/s12877-015-0119-8.
- 45. Portegijs E, Rantakokko M, Viljanen A, et al. Is frailty associated with life-space mobility and perceived autonomy in participation outdoors? A longitudinal study. *Age & Ageing*. 2016;45(4):550-3.10.1093/ageing/afw072.
- 46. Quail JM, Addona V, Wolfson C, et al. Association of unmet need with self-rated health in a community dwelling cohort of disabled seniors 75 years of age and over. *European Journal of Ageing*. 2007;4(1):45-55.10.1007/s10433-007-0042-8.
- 47. Rantakokko M, Iwarsson S, Vahaluoto S, et al. Perceived environmental barriers to outdoor mobility and feelings of loneliness among community-dwelling older people. *Journals of Gerontology Series A Biological Sciences and Medical Sciences*. 2014;69(12):1562-8.10.1093/gerona/glu069.
- 48. Rantakokko M, Portegijs E, Viljanen A, et al. Mobility Modification Alleviates Environmental Influence on Incident Mobility Difficulty among Community-Dwelling Older People: A Two-Year Follow-Up Study. *PLoS ONE*. 2016;11(4):e0154396.10.1371/journal.pone.0154396.

- 49. Rantz M, Lane K, Phillips LJ, et al. Enhanced registered nurse care coordination with sensor technology: Impact on length of stay and cost in aging in place housing. *Nurs Outlook*. 2015;63(6):650-5.10.1016/j.outlook.2015.08.004.
- 50. Rao SK, Wallace LMK, Theou O, et al. Is it better to be happy or not depressed? Depression mediates the effect of psychological well-being on adverse health outcomes in older adults. *Int J Geriatr Psychiatry.* 2016.10.1002/gps.4559.
- 51. Rapo-Pylkko S, Haanpaa M, Liira H. Chronic pain among community-dwelling elderly: a population-based clinical study. *Scand J Prim Health Care*. 2016;34(2):159-64.10.3109/02813432.2016.1160628.
- 52. Rydwik E, Frändin K, Akner G. Effects of a physical training and nutritional intervention program in frail elderly people regarding habitual physical activity level and activities of daily living-A randomized controlled pilot study. *Arch Gerontol Geriatr.* 2010;51(3):283-9.10.1016/j.archger.2009.12.001.
- 53. Rydwik E, Lammes E, Frändin K, et al. Effects of a physical and nutritional intervention program for frail elderly people over age 75. A randomized controlled pilot treatment trial. *Aging Clinical and Experimental Research*. 2008;20(2):159-70.
- 54. Sabayan B, Oleksik AM, Maier AB, et al. High blood pressure and resilience to physical and cognitive decline in the oldest old: The Leiden 85-Plus Study. *J Am Geriatr Soc.* 2012;60(11):2014-9.
- 55. Sampson EL, Bulpitt CJ, Fletcher AE. Survival of Community-dwelling older people: The effect of cognitive impairment and social engagement. *J Am Geriatr Soc.* 2009;57(6):985-91.
- 56. Savikko N, Routasalo P, Tilvis R, et al. Psychosocial group rehabilitation for lonely older people: Favourable processes and mediating factors of the intervention leading to alleviated loneliness. *International Journal of Older People Nursing*. 2010;5(1):16-24.10.1111/j.1748-3743.2009.00191.x.
- 57. Sixsmith J, Sixsmith A, Fange AM, et al. Healthy ageing and home: The perspectives of very old people in five european countries. *Soc Sci Med.* 2014;106:1-9.
- 58. Thompson HJ, Demiris G, Rue T, et al. A Holistic approach to assess older adults' wellness using e-health technologies. *Telemedicine journal and e-health : the official journal of the American Telemedicine Association*. 2011;17(10):794-800.
- 59. Tsai LT, Portegijs E, Rantakokko M, et al. The association between objectively measured physical activity and life-space mobility among older people. *Scand J Med Sci Sports*. 2015;25(4):e368-73.10.1111/sms.12337.
- 60. Tsai LT, Rantakokko M, Portegijs E, et al. Environmental mobility barriers and walking for errands among older people who live alone vs. with others. *BMC Public Health*. 2013;13(1).10.1186/1471-2458-13-1054.
- on Bemmel T, Delgado V, Bax JJ, et al. Impact of valvular heart disease on activities of daily living of nonagenarians: the Leiden 85-plus study a population based study. *BMC Geriatr.* 2010;10:17.10.1186/1471-2318-10-17.
- 62. van Houwelingen AH, den Elzen WP, le Cessie S, et al. Consequences of interaction of functional, somatic, mental and social problems in community-dwelling older people. *PLoS ONE*. 2015;10(4):e0121013.10.1371/journal.pone.0121013.
- 63. Vestergaard S, Kronborg C, Puggaard L. Home-based video exercise intervention for community-dwelling frail older women: A randomized controlled trial. *Aging Clin Exp Res.* 2008;20(5):479-86.
- 64. Wang K, Delbaere K, Brodie M, et al. Differences between Gait on Stairs and Flat Surfaces in Relation to Fall Risk and Future Falls. *IEEE journal of biomedical and health informatics*. 2017.10.1109/jbhi.2017.2677901.
- 65. Williams ID, O'Doherty LJ, Mitchell GK, et al. Identifying unmet needs in older patients: Nurse-GP collaboration in general practice. *Aust Fam Physician*. 2007;36(9):772-6.

- 66. Wilson K, Mottram P, Sixsmith A. Depressive symptoms in the very old living alone: Prevalence, incidence and risk factors. *Int J Geriatr Psychiatry*. 2007;22(4):361-6.10.1002/gps.1682.
- 67. Young Y. Factors Associated With Permanent Transition From Independent Living to Nursing Home in a Continuing Care Retirement Community. *Journal of the American Medical Directors Association*. 2009;10(7):491-7.10.1016/j.jamda.2009.03.019.
- 68. Zingmond DS, Ettner SL, Wilber KH, et al. Association of claims-based quality of care measures with outcomes among community-dwelling vulnerable elders. *Med Care*. 2011;49(6):553-9.10.1097/MLR.0b013e31820e5aab.