

**Supplementary Appendix S1. PRISMA checklist.**<sup>26</sup>

Section/topic	#	Checklist item	Reported on page #
<b>TITLE</b>			
Title	1	Identify the report as a systematic review, meta-analysis, or both.	1
<b>ABSTRACT</b>			
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.	4-5
<b>INTRODUCTION</b>			
Rationale	3	Describe the rationale for the review in the context of what is already known.	5-6
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	6
<b>METHODS</b>			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.	7
Eligibility criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	7-9
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.	7, 9
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.	Appendix S2
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).	9
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.	10
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	10
Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.	10
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means).	N/A
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I <sup>2</sup> ) for each meta-analysis.	N/A

Section/topic	#	Checklist item	Reported on page #
Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).	N/A
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.	N/A
<b>RESULTS</b>			
Study selection	17	Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.	11, Fig. 1
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	11-13, Tables 1-3, S1
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).	15, Tables 4, S2, S3
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.	14, Tables 4, S2, S3
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency.	N/A
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15).	N/A
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).	N/A
<b>DISCUSSION</b>			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).	15-18
Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).	16-18
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	19
<b>FUNDING</b>			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.	20-21

## Supplementary Appendix S2. Complete search strategy.

### Search Strategies – Community Health Worker/Frail Elderly

Initial searches performed on December 21, 2018 and updated on April 23, 2020.

#### Results found by database for initial and updated searches

Database	Platform	Dates covered	Results: December 21, 2018 search	Results: April 23, 2020 updated search
Medline <i>MEDLINE(R) and Epub Ahead of Print, In-Process &amp; Other Non-Indexed Citations and Daily</i>	Ovid	1946 - current	1512	171
CINAHL	EBSCO	1981 - current	1271	206
Web of Science <i>Indexes=SCI-EXPANDED, SSCI, A&amp;HCI, CPCI-S, CPCI-SSH, ESCI</i>	Clarivate Analytics	1900 - current	1783	309
Cochrane Library: <i>Database of Systematic Reviews &amp; Central Register of Controlled Trials</i>	Wiley	Issue 4, April 2020	714 <i>Reviews=17 Trials=697</i>	279 <i>Reviews=4 Trials=275</i>
Global Index Medicus <i>All indexes</i>	WHO	1936-current	642	106
APA PsycINFO	EBSCO	1806 - current	1363	56
Total			7285	1127
Total with duplicates removed			4800	816

**Search strategies for each database: December 21, 2018) search strategies recorded below; updated search (April 23, 2020) used the same strategies**

#### Medline (Ovid)

*Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations and Daily 1946 to December 20, 2018*

#	Searches	Results
1	Community health workers/ or Patient Navigation/ or Home Health Aides/ or Health Educators/	6094
2	(Barefoot doctor* or canvasser* or Care coordinator* or Care manager* or Case coordinator* or Case manager* or Case worker* or Community based helper* or Community based worker* or Community coordinator* or Community helper* or community health aide* or Community health personnel or Community liaison* or Community organizer* or Community promotor* or Community social worker* or Community worker* or Consejer* or Cultural broker* or Embajador* or Enrollment worker* or Extension worker* or Family advocate* or Health adviser* or Healthcare adviser* or Health care adviser* or Health advisor* or Healthcare advisor* or Health care advisor* or Health advocate* or Healthcare advocate* or Health care advocate* or Health agent* or Healthcare agent* or Health care agent* or Health aide* or Healthcare aide* or Health care aide* or Health assistant* or Healthcare assistant* or Health care assistant* or Health attendant* or Healthcare attendant*	62524

	or Health care attendant* or Health auxiliar* or Healthcare auxiliar* or Health care auxiliar* or Health broker* or Healthcare broker* or Health coach* or Healthcare coach* or Health care coach* or Health communicator* or Healthcare communicator* or Health care communicator* or Health counselor* or Healthcare counselor* or Health care counselor* or Health counsellor* or Healthcare counsellor* or Health care counsellor* or Health education aide* or Health educator* or Healthcare educator* or Health care educator* or Health expediter* or Healthcare expediter* or Health care expediter* or Health facilitator* or Healthcare facilitator* or Health care facilitator* or Health guide* or Healthcare guide* or Health care guide* or Health helper* or Healthcare helper* or Health care helper* or Health hostess* or Healthcare hostess* or Health care hostess* or Health liaison* or Healthcare liaison* or Health care liaison* or Health nonprofessional* or Healthcare nonprofessional* or Health care nonprofessional* or Health non-professional* or Healthcare non-professional* or Health care non-professional* or Health promoter* or Healthcare promoter* or Health care promoter* or Health representative* or Healthcare representative* or Health care representative* or Health visitor* or Healthcare visitor* or Health care visitor* or Health worker* or Healthcare worker* or Health care worker* or Home care worker* or Home based care worker* or Home health aide* or Home based health aide* or Home visitor* or Home based visitor* or Indigenous health professional* or (Indigenous adj2 worker*) or Informal helper* or Intake specialist* or Lay adviser* or Lay advisor* or Lay advocate* or Lay aid* or Lay attendant* or Lay assisted or Lay coach* or Lay counselor* or Lay counsellor* or Lay educator* or Lay facilitator* or Lay health or Lay leader* or Lay led or Lay mentor* or Lay nonprofessional* or Lay non-professional* or Lay personnel* or Lay provider* or Lay worker* or Medical representative* or Natural caregiver* or Natural helper* or Navegante* or Navigator* or Neighborhood representative* or Neighbourhood representative* or Neighborhood worker* or Neighbourhood worker* or Nonprofessional worker* or Non-professional worker* or Nutrition educator* or Nutrition worker* or Outreach advocate* or Outreach coordinator* or Outreach educator* or Outreach manager* or Outreach worker* or Paraprofessional* or Peer adviser* or Peer advisor* or Peer advocate* or Peer aid* or Peer assisted or Peer attendant* or Peer coach* or Peer counselor* or Peer counsellor* or Peer educator* or Peer education or Peer facilitator* or Peer health or Peer leader* or Peer led or Peer mentor* or Peer nonprofessional* or Peer non-professional* or Peer personnel* or Peer provider* or Prevention coordinator* or Promotora* or Promotore* or Recovery coach* or Resource mother* or Support worker* or Lay Volunteer* or Volunteer counselor* or Volunteer counsellor* or Volunteer led or Voluntary worker* or Peer volunteer* or Health volunteer* or Community volunteer*).ti,ab,kw.	
3	1 or 2 [CHW concept]	65018
4	exp Aged/ or Health Services for the Aged/ or Geriatrics/ or exp Medicare/ or exp Nursing Homes/ or Homes for the Aged/	2942337
5	(Elderly or elder or Old age or older adult* or older person* or older people* or older population* or older patient* or older age or older women or older woman or older man or older men or geriatric or geriatrics or medicare or aging or aged or senior* or advanced age or advancing age or age 65 or 65 year or 65 years or age 60 or 60 year or 60 years or age 80 or 80 year or 80 years or long term care or nursing home* or dual eligib* or retiree* or retired).ti,ab,kw.	1154252
6	4 or 5 [Elderly concept]	3562742
7	Multimorbidity/ or Multiple Chronic Conditions/ or Comorbidity/ or Disabled Persons/ or Frail Elderly/ or Homebound Persons/	144880

8	(disabled or disabilit* or frail* or prefrail* or comorbid* or "co-morbid*" or multimorbid* or multi-morbid* or Disease cluster* or Risk adjustment* or Severity of illness index or ((high-cost* or high spending or Costliest or highest-cost*) adj2 (patient* or individual* or benefici* or person* or user*)) or (High adj2 (need or utiliz* or utilis*)) or (complex* adj2 (patient* or condition* or need* or healthcare)) or (chronic adj2 (disease* or illness*)) or (multiple adj2 (diseas* or diagnos* or illness* or condition* or morbid* or patholog*)) or (coexisting adj2 (diseas* or diagnos* or illness* or condition* or morbid*)) or (co-existing adj2 (diseas* or diagnos* or illness* or condition* or morbid*)) or (concurrent adj2 (diseas* or diagnos* or illness* or condition* or morbid*))).ti,ab,kw.	552419
9	7 or 8 [complex patients concept]	626699
10	3 and 6 and 9	1615
11	limit 10 to english language	1515
12	remove duplicates from 11	1512

### CINAHL with Full Text (EBSCO)

#	Query	Limiters/Expanders	Results
S11	S3 AND S6 AND S9	Limiters - English Language Search modes - Find all my search terms	1,271
S10	S3 AND S6 AND S9	Search modes - Find all my search terms	1,309
S9	S7 OR S8	Search modes - Find all my search terms	351,157
S8	disabled or disabilit* or frail* or prefrail* or comorbid* or "co-morbid*" or multimorbid* or multi-morbid* or "Disease cluster*" or "Risk adjustment*" or "Severity of illness index" or ((high-cost* or "high spending" or Costliest or highest-cost*) N2 (patient* or individual* or benefici* or person* or user*)) or (High N2 (need or utiliz* or utilis*)) or (complex* N2 (patient* or condition* or need* or healthcare)) or (chronic N2 (disease* or illness*)) or (multiple N2 (diseas* or diagnos* or illness* or condition* or morbid* or patholog*)) or (coexisting N2 (diseas* or diagnos* or illness* or condition* or morbid*)) or (co-existing N2 (diseas* or diagnos* or illness* or condition* or morbid*)) or (concurrent N2 (diseas* or diagnos* or illness* or condition* or morbid*))	Search modes - Find all my search terms	350,703
S7	MH "Comorbidity" OR MH "Disabled" OR MH "Frail Elderly" OR MH "Homebound Patients"	Search modes - Find all my search terms	85,169

S6	S4 OR S5	Search modes - Find all my search terms	944,808
S5	Elderly or elder or "old age" or "older adult*" or "older person*" or "older people*" or "older population*" or "older patient*" or "older age" or "older women" or "older woman" or "older man" or "older men" or geriatric or geriatrics or medicare or aging or aged or senior* or "advanced age" or "advancing age" or "age 65" or "65 year" or "65 years" or "age 60" or "60 year" or "60 years" or "age 80" or "80 year" or "80 years" or "long term care" or "nursing home*" or "dual eligib*" or retiree* or retired	Search modes - Find all my search terms	943,969
S4	MH "Aged+" OR MH "Health Services for the Aged" OR MH "Geriatrics" OR MH "Medicare" OR MH "Nursing Homes+" OR MW "in old age" OR AG 65+ OR AG 80	Search modes - Find all my search terms	734,863
S3	S1 OR S2	Search modes - Find all my search terms	44,243
S2	"Barefoot doctor*" or canvasser* or "Care coordinator*" or "Care manager*" or "Case coordinator*" or "Case manager*" or "Case worker*" or "Community based helper*" or "Community based worker*" or "Community coordinator*" or "Community helper*" or "community health aide*" or "Community health personnel" or "Community liaison*" or "Community organizer*" or "Community promotor*" or "Community social worker*" or "Community worker*" or Consejer* or "Cultural broker*" or "Embajador*" or "Enrollment worker*" or "Extension worker*" or "Family advocate*" or "Health adviser*" or "Healthcare adviser*" or "Health care adviser*" or "Health advisor*" or "Healthcare advisor*" or "Health care advisor*" or "Health advocate*" or "Healthcare advocate*" or "Health care advocate*" or "Health agent*" or "Healthcare agent*" or "Health care agent*" or "Health aide*" or "Healthcare aide*" or "Health care aide*" or "Health assistant*" or "Healthcare assistant*" or "Health care assistant*" or "Health attendant*" or "Healthcare attendant*" or "Health care attendant*" or "Health auxiliar*" or "Healthcare auxiliar*" or "Health care auxiliar*" or "Health broker*" or "Healthcare broker*" or "Health coach*" or "Healthcare coach*" or "Health care coach*" or "Health communicator*" or "Healthcare communicator*" or "Health care communicator*" or "Health counselor*" or "Healthcare counselor*" or "Health care counselor*" or "Health counsellor*" or "Healthcare counsellor*" or "Health care counsellor*" or "Health education aide*" or "Health educator*" or "Healthcare educator*" or "Health care educator*" or "Health expediter*" or	Search modes - Find all my search terms	43,785

<p>"Healthcare expediter*" or "Health care expediter*" or "Health facilitator*" or "Healthcare facilitator*" or "Health care facilitator*" or "Health guide*" or "Healthcare guide*" or "Health care guide*" or "Health helper*" or "Healthcare helper*" or "Health care helper*" or "Health hostess*" or "Healthcare helper*" or "Health care helper*" or "Health hostess*" or "Healthcare hostess*" or "Health care hostess*" or "Health liaison*" or "Healthcare liaison*" or "Health care liaison*" or "Health nonprofessional*" or "Healthcare nonprofessional*" or "Health care nonprofessional*" or "Health non-professional*" or "Healthcare non-professional*" or "Health care non-professional*" or "Health promoter*" or "Healthcare promoter*" or "Health care promoter*" or "Health representative*" or "Healthcare representative*" or "Health care representative*" or "Health visitor*" or "Healthcare visitor*" or "Health care visitor*" or "Health worker*" or "Healthcare worker*" or "Health care worker*" or "Home care worker*" or "Home based care worker*" or "Home health aide*" or "Home based health aide*" or "Home visitor*" or "Home based visitor*" or "Indigenous health professional*" or (Indigenous N2 worker*) or "Informal helper*" or "Intake specialist*" or "Lay adviser*" or "Lay advisor*" or "Lay advocate*" or "Lay aid*" or "Lay attendant*" or "Lay assisted" or "Lay coach*" or "Lay counselor*" or "Lay counsellor*" or "Lay educator*" or "Lay facilitator*" or "Lay health" or "Lay leader*" or "Lay led" or "Lay mentor*" or "Lay nonprofessional*" or "Lay non-professional*" or "Lay personnel*" or "Lay provider*" or "Lay worker*" or "Medical representative*" or "Natural caregiver*" or "Natural helper*" or Navegante* or Navigator* or "Neighborhood representative*" or "Neighbourhood representative*" or "Neighborhood worker*" or "Neighbourhood worker*" or "Nonprofessional worker*" or "Non-professional worker*" or "Nutrition educator*" or "Nutrition worker*" or "Outreach advocate*" or "Outreach coordinator*" or "Outreach educator*" or "Outreach manager*" or "Outreach worker*" or "Paraprofessional*" or "Peer adviser*" or "Peer advisor*" or "Peer advocate*" or "Peer aid*" or "Peer assisted" or "Peer attendant*" or "Peer coach*" or "Peer counselor*" or "Peer counsellor*" or "Peer educator*" or "Peer education" or "Peer facilitator*" or "Peer health" or "Peer leader*" or "Peer led" or "Peer mentor*" or "Peer nonprofessional*" or "Peer non-professional*" or "Peer personnel*" or "Peer provider*" or "Prevention coordinator*" or "Promotora*" or "Promotore*" or "Recovery coach*" or "Resource mother*" or "Support worker*" or "Lay Volunteer*" or "Volunteer counselor*" or "Volunteer counsellor*" or "Volunteer led" or "Voluntary worker*" or "Peer volunteer*" or "Health volunteer*" or "Community volunteer*"</p>		
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S1	MH "Community Health Workers" OR MH "Patient Navigation" OR MH "Home Health Aides" OR MH "Health Educators"	Search modes - Find all my search terms	5,809
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**Cochrane Library (Wiley)**

ID	Search	Results
#1	((Barefoot NEXT doctor*) or canvasser* or (Care NEXT coordinator*) or (Care NEXT manager*) or (Case NEXT coordinator*) or (Case NEXT manager*) or (Case NEXT worker*) or (Community NEXT based NEXT helper*) or (Community NEXT based NEXT worker*) or (Community NEXT coordinator*) or (Community NEXT helper*) or (community NEXT health NEXT aide*) or (Community NEXT health NEXT personnel) or (Community NEXT liaison*) or (Community NEXT organizer*) or (Community NEXT promotor*) or (Community NEXT social NEXT worker*) or (Community NEXT worker*) or Consejer* or (Cultural NEXT broker*) or Embajador* or (Enrollment NEXT worker*) or (Extension NEXT worker*) or (Family NEXT advocate*) or (Health NEXT adviser*) or (Healthcare NEXT adviser*) or (Health NEXT care NEXT adviser*) or (Health NEXT advisor*) or (Healthcare NEXT advisor*) or (Health NEXT care NEXT advisor*) or (Health NEXT advocate*) or (Healthcare NEXT advocate*) or (Health NEXT care NEXT advocate*) or (Health NEXT agent*) or (Healthcare NEXT agent*) or (Health NEXT care NEXT agent*) or (Health NEXT aide*) or (Healthcare NEXT aide*) or (Health NEXT care NEXT aide*) or (Health NEXT assistant*) or (Healthcare NEXT assistant*) or (Health NEXT care NEXT assistant*) or (Health NEXT attendant*) or (Healthcare NEXT attendant*) or (Health NEXT care NEXT attendant*) or (Health NEXT auxiliar*) or (Healthcare NEXT auxiliar*) or (Health NEXT care NEXT auxiliar*) or (Health NEXT broker*) or (Healthcare NEXT broker*) or (Health NEXT coach*) or (Healthcare NEXT coach*) or (Health NEXT care NEXT coach*) or (Health NEXT communicator*) or (Healthcare NEXT communicator*) or (Health NEXT care NEXT communicator*) or (Health NEXT counselor*) or (Healthcare NEXT counselor*) or (Health NEXT care NEXT counselor*) or (Health NEXT counsellor*) or (Healthcare NEXT counsellor*) or (Health NEXT care NEXT counsellor*) or (Health NEXT education NEXT aide*) or (Health NEXT educator*) or (Healthcare NEXT educator*) or (Health NEXT care NEXT educator*) or (Health NEXT expediter*) or (Healthcare NEXT expediter*) or (Health NEXT care NEXT expediter*) or (Health NEXT facilitator*) or (Healthcare NEXT facilitator*) or (Health NEXT care NEXT facilitator*) or (Health NEXT guide*) or (Healthcare NEXT guide*) or (Health NEXT care NEXT guide*) or (Health NEXT helper*) or (Healthcare NEXT helper*) or (Health NEXT care NEXT helper*) or (Health NEXT hostess*) or (Healthcare NEXT hostess*) or (Health NEXT care NEXT hostess*) or (Health NEXT liaison*) or (Healthcare NEXT liaison*) or (Health NEXT care NEXT liaison*) or (Health NEXT nonprofessional*) or (Healthcare NEXT nonprofessional*) or (Health NEXT care NEXT nonprofessional*) or (Health NEXT non NEXT professional*) or (Healthcare NEXT non NEXT professional*) or (Health NEXT care NEXT non NEXT professional*) or (Healthcare NEXT	7508



	<p>promoter*) or (Health NEXT care NEXT promoter*) or (Health NEXT representative*) or (Healthcare NEXT representative*) or (Health NEXT care NEXT representative*) or (Health NEXT visitor*) or (Healthcare NEXT visitor*) or (Health NEXT care NEXT visitor*) or (Health NEXT worker*) or (Healthcare NEXT worker*) or (Health NEXT care NEXT worker*) or (Home NEXT care NEXT worker*) or (Home NEXT based NEXT care NEXT worker*) or (Home NEXT health NEXT aide*) or (Home NEXT based NEXT health NEXT aide*) or (Home NEXT visitor*) or (Home NEXT based NEXT visitor*) or (Indigenous NEXT health NEXT professional*) or (Indigenous NEAR/2 worker*) or (Informal NEXT helper*) or (Intake NEXT specialist*) or (Lay NEXT adviser*) or (Lay NEXT advisor*) or (Lay NEXT advocate*) or (Lay NEXT aid*) or (Lay NEXT attendant*) or (Lay NEXT assisted) or (Lay NEXT coach*) or (Lay NEXT counselor*) or (Lay NEXT counsellor*) or (Lay NEXT educator*) or (Lay NEXT facilitator*) or (Lay NEXT health) or (Lay NEXT leader*) or (Lay NEXT led) or (Lay NEXT mentor*) or (Lay NEXT nonprofessional*) or (Lay NEXT non NEXT professional*) or (Lay NEXT personnel*) or (Lay NEXT provider*) or (Lay NEXT worker*) or (Medical NEXT representative*) or (Natural NEXT caregiver*) or (Natural NEXT helper*) or Navegante* or Navigator* or (Neighborhood NEXT representative*) or (Neighbourhood NEXT representative*) or (Neighborhood NEXT worker*) or (Neighbourhood NEXT worker*) or (Nonprofessional NEXT worker*) or (Non NEXT professional NEXT worker*) or (Nutrition NEXT educator*) or (Nutrition NEXT worker*) or (Outreach NEXT advocate*) or (Outreach NEXT coordinator*) or (Outreach NEXT educator*) or (Outreach NEXT manager*) or (Outreach NEXT worker*) or Paraprofessional* or (Peer NEXT adviser*) or (Peer NEXT advisor*) or (Peer NEXT advocate*) or (Peer NEXT aid*) or (Peer NEXT assisted) or (Peer NEXT attendant*) or (Peer NEXT coach*) or (Peer NEXT counselor*) or (Peer NEXT counsellor*) or (Peer NEXT educator*) or (Peer NEXT education) or (Peer NEXT facilitator*) or (Peer NEXT health) or (Peer NEXT leader*) or (Peer NEXT led) or (Peer NEXT mentor*) or (Peer NEXT nonprofessional*) or (Peer NEXT non NEXT professional*) or (Peer NEXT personnel*) or (Peer NEXT provider*) or (Prevention NEXT coordinator*) or Promotora* or Promotore* or (Recovery NEXT coach*) or (Resource NEXT mother*) or (Support NEXT worker*) or (Lay NEXT Volunteer*) or (Volunteer NEXT counselor*) or (Volunteer NEXT counsellor*) or (Volunteer NEXT led) or (Voluntary NEXT worker*) or (Peer NEXT volunteer*) or (Health NEXT volunteer*) or (Community NEXT volunteer*)):ti,ab,kw (Word variations have been searched)</p>	
#2	<p>(Elderly or elder or "old age" or (older NEXT adult*) or (older NEXT person*) or (older NEXT people*) or (older NEXTpopulation*) or (older NEXT patient*) or "older age" or "older women" or "older woman" or "older man" or "older men" or geriatric or geriatrics or medicare or aging or aged or senior* or "advanced age" or "advancing age" or "age 65" or "65 year" or "65 years" or "age 60" or "60 year" or "60 years" or "age 80" or "80 year" or "80 years" or "long term care" or (nursing NEXT home*) or (dual NEXT eligib*) or retiree* or retired):ti,ab,kw (Word variations have been searched)</p>	546485
#3	<p>(disabled or disabilit* or frail* or prefrail* or comorbid* or (co NEXT morbid*) or multimorbid* or (multi NEXT morbid*) or (Disease NEXT cluster*) or (Risk NEXT adjustment*) or "Severity of illness index" or ((high-</p>	91139

	cost* or "high spending" or Costliest or highest-cost*) NEAR/2 (patient* or individual* or benefici* or person* or user*)) or (High NEAR/2 (need or utiliz* or utilis*)) or (complex* NEAR/2 (patient* or condition* or need* or healthcare)) or (chronic NEAR/2 (disease* or illness*)) or (multiple NEAR/2 (diseas* or diagnos* or illness* or condition* or morbid* or patholog*)) or (coexisting NEAR/2 (diseas* or diagnos* or illness* or condition* or morbid*)) or (co-existing NEAR/2 (diseas* or diagnos* or illness* or condition* or morbid*)) or (concurrent NEAR/2 (diseas* or diagnos* or illness* or condition* or morbid*)):ti,ab,kw (Word variations have been searched)	
#4	#1 AND #2 AND #3	714

Cochrane Database of Systematic Reviews, Issue 12 of 12, December 2018 – 17 results

Cochrane Central Register of Controlled Trials, Issue 12 of 12, December 2018 – 697 results

### APA PsycINFO (EBSCO)

#	Query	Limiters/Expanders	Results
S5	S1 AND S2 AND S3	Narrow by Language: - english Search modes - Find all my search terms	1,363
S4	S1 AND S2 AND S3	Search modes - Find all my search terms	1,387
S3	( DE "Comorbidity" OR DE "Homebound" ) OR ( (disabled or disabilit* or frail* or prefrail* or comorbid* or "co-morbid*" or multimorbid* or multi-morbid* or "Disease cluster*" or "Risk adjustment*" or "Severity of illness index" or ((high-cost* or "high spending" or Costliest or highest-cost*) N2 (patient* or individual* or benefici* or person* or user*)) or (High N2 (need or utiliz* or utilis*)) or (complex* N2 (patient* or condition* or need* or healthcare)) or (chronic N2 (disease* or illness*)) or (multiple N2 (diseas* or diagnos* or illness* or condition* or morbid* or patholog*)) or (coexisting N2 (diseas* or diagnos* or illness* or condition* or morbid*)) or (co-existing N2 (diseas* or diagnos* or illness* or condition* or morbid*)) or (concurrent N2 (diseas* or diagnos* or illness* or condition* or morbid*))) )	Search modes - Find all my search terms	336,953

S2	( DE "Geriatric Patients" OR DE "Elder Care" OR AG Aged OR AG Very Old ) OR ( (Elderly or elder or "old age" or "older adult*" or "older person*" or "older people*" or "older population*" or "older patient*" or "older age" or "older women" or "older woman" or "older man" or "older men" or geriatric or geriatrics or medicare or aging or aged or senior* or "advanced age" or "advancing age" or "age 65" or "65 year" or "65 years" or "age 60" or "60 year" or "60 years" or "age 80" or "80 year" or "80 years" or "long term care" or "nursing home*" or "dual eligib*" or retiree* or retired) )	Search modes - Find all my search terms	777,867
S1	(DE "Home Care Personnel" OR DE "Home Visiting Programs") OR ( ("Barefoot doctor*" or canvasser* or "Care coordinator*" or "Care manager*" or "Case coordinator*" or "Case manager*" or "Case worker*" or "Community based helper*" or "Community based worker*" or "Community coordinator*" or "Community helper*" or "community health aide*" or "Community health personnel" or "Community liaison*" or "Community organizer*" or "Community promotor*" or "Community social worker*" or "Community worker*" or Consejer* or "Cultural broker*" or "Embajador*" or "Enrollment worker*" or "Extension worker*" or "Family advocate*" or "Health adviser*" or "Healthcare adviser*" or "Health care adviser*" or "Health advisor*" or "Healthcare advisor*" or "Health care advisor*" or "Health advocate*" or "Healthcare advocate*" or "Health care advocate*" or "Health agent*" or "Healthcare agent*" or "Health care agent*" or "Health aide*" or "Healthcare aide*" or "Health care aide*" or "Health assistant*" or "Healthcare assistant*" or "Health care assistant*" or "Health attendant*" or "Healthcare attendant*" or "Health care attendant*" or "Health auxiliar*" or "Healthcare auxiliar*" or "Health care auxiliar*" or "Health broker*" or "Healthcare broker*" or "Health coach*" or "Healthcare coach*" or "Health care coach*" or "Health communicator*" or "Healthcare communicator*" or "Health care communicator*" or "Health counselor*" or "Healthcare counselor*" or "Health care counselor*" or "Health counsellor*" or "Healthcare counsellor*" or "Health care counsellor*" or "Health education aide*" or "Health educator*" or "Healthcare educator*" or "Health care educator*" or "Health expediter*" or "Healthcare expediter*" or "Health care expediter*" or "Health facilitator*" or "Healthcare	Search modes - Find all my search terms	31,469

<p>facilitator*" or "Health care facilitator*" or "Health guide*" or "Healthcare guide*" or "Health care guide*" or "Health helper*" or "Healthcare helper*" or "Health care helper*" or "Health hostess*" or "Healthcare hostess*" or "Health care hostess*" or "Health liaison*" or "Healthcare liaison*" or "Health care liaison*" or "Health nonprofessional*" or "Healthcare nonprofessional*" or "Health care nonprofessional*" or "Health non-professional*" or "Healthcare non-professional*" or "Health care non-professional*" or "Health promoter*" or "Healthcare promoter*" or "Health care promoter*" or "Health representative*" or "Healthcare representative*" or "Health care representative*" or "Health visitor*" or "Healthcare visitor*" or "Health care visitor*" or "Health worker*" or "Healthcare worker*" or "Health care worker*" or "Home care worker*" or "Home based care worker*" or "Home health aide*" or "Home based health aide*" or "Home visitor*" or "Home based visitor*" or "Indigenous health professional*" or (Indigenous N2 worker*) or "Informal helper*" or "Intake specialist*" or "Lay adviser*" or "Lay advisor*" or "Lay advocate*" or "Lay aid*" or "Lay attendant*" or "Lay assisted" or "Lay coach*" or "Lay counselor*" or "Lay counsellor*" or "Lay educator*" or "Lay facilitator*" or "Lay health" or "Lay leader*" or "Lay led" or "Lay mentor*" or "Lay nonprofessional*" or "Lay non-professional*" or "Lay personnel*" or "Lay provider*" or "Lay worker*" or "Medical representative*" or "Natural caregiver*" or "Natural helper*" or Navegante* or Navigator* or "Neighborhood representative*" or "Neighbourhood representative*" or "Neighborhood worker*" or "Neighbourhood worker*" or "Nonprofessional worker*" or "Non-professional worker*" or "Nutrition educator*" or "Nutrition worker*" or "Outreach advocate*" or "Outreach coordinator*" or "Outreach educator*" or "Outreach manager*" or "Outreach worker*" or "Paraprofessional*" or "Peer adviser*" or "Peer advisor*" or "Peer advocate*" or "Peer aid*" or "Peer assisted" or "Peer attendant*" or "Peer coach*" or "Peer counselor*" or "Peer counsellor*" or "Peer educator*" or "Peer education" or "Peer facilitator*" or "Peer health" or "Peer leader*" or "Peer led" or "Peer mentor*" or "Peer nonprofessional*" or "Peer non-professional*" or "Peer personnel*" or "Peer provider*" or "Prevention coordinator*" or "Promotora*" or "Promotore*" or "Recovery coach*" or "Resource mother*" or "Support worker*" or "Lay Volunteer*" or "Volunteer counselor*" or "Volunteer counsellor*" or</p>		
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	"Volunteer led" or "Voluntary worker*" or "Peer volunteer*" or "Health volunteer*" or "Community volunteer*" )		
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### Global Index Medicus (WHO)

Searched all indexes

(tw:((Advocate\* or Aide\* or Canvasser\* or Coach\* or Consejer\* or Embajador\* or Home or Lay or Navegante\* or Promotor\* or Peer or (Community and (worker\* or health\* or volunteer\* or helper\* or organizer\* or advisor\*)))) AND (tw:( (Aged or Aging or Elder\* or Geriatric\* or Older\* or "Age 60" or "Age 65" or "Age 80" or "Nursing homes" or "60 years" or "65 years" or "80 years")) AND (tw:((Comorbid\* or Complex or Coexisting or Disabled or Disabilit\* or Frail\* or Multimorbid\* or "Multiple chronic"))))

### Web of Science (Clarivate Analytics)

Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI

Set	Results	
# 4	<a href="#">1,783</a>	#3 AND #2 AND #1 <i>Indexes=SCI-EXPANDED, SSCI, A&amp;HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years</i>
# 3	<a href="#">833,227</a>	<b>TOPIC:</b> ((disabled or disabilit* or frail* or prefrail* or comorbid* or "co-morbid*" or multimorbid* or multi-morbid* or "Disease cluster*" or "Risk adjustment*" or "Severity of illness index" or ((high-cost* or "high spending" or Costliest or highest-cost*) NEAR/2 (patient* or individual* or benefici* or person* or user*)) or (High NEAR/2 (need or utiliz* or utilis*)) or (complex* NEAR/2 (patient* or condition* or need* or healthcare)) or (chronic NEAR/2 (disease* or illness*)) or (multiple NEAR/2 (diseas* or diagnos* or illness* or condition* or morbid* or patholog*)) or (coexisting NEAR/2 (diseas* or diagnos* or illness* or condition* or morbid*)) or (co-existing NEAR/2 (diseas* or diagnos* or illness* or condition* or morbid*)) or (concurrent NEAR/2 (diseas* or diagnos* or illness* or condition* or morbid*)))) <i>Indexes=SCI-EXPANDED, SSCI, A&amp;HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years</i>

# 2	<a href="#"><u>3,917,542</u></a>	<p><b>TOPIC:</b> ((Elderly or elder or "old age" or "older adult*" or "older person*" or "older people*" or "older population*" or "older patient*" or "older age" or "older women" or "older woman" or "older man" or "older men" or geriatric or geriatrics or medicare or aging or aged or senior* or "advanced age" or "advancing age" or "age 65" or "65 year" or "65 years" or "age 60" or "60 year" or "60 years" or "age 80" or "80 year" or "80 years" or "long term care" or "nursing home*" or "dual eligib*" or retiree* or retired))</p> <p><i>Indexes=SCI-EXPANDED, SSCI, A&amp;HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years</i></p>
# 1	<a href="#"><u>60,753</u></a>	<p>TS(("Barefoot doctor*" or canvasser* or "Care coordinator*" or "Care manager*" or "Case coordinator*" or "Case manager*" or "Case worker*" or "Community based helper*" or "Community based worker*" or "Community coordinator*" or "Community helper*" or "community health aide*" or "Community health personnel" or "Community liaison*" or "Community organizer*" or "Community promotor*" or "Community social worker*" or "Community worker*" or Consejer* or "Cultural broker*" or "Embajador*" or "Enrollment worker*" or "Extension worker*" or "Family advocate*" or "Health adviser*" or "Healthcare adviser*" or "Health care adviser*" or "Health advisor*" or "Healthcare advisor*" or "Health care advisor*" or "Health advocate*" or "Healthcare advocate*" or "Health care advocate*" or "Health agent*" or "Healthcare agent*" or "Health care agent*" or "Health aide*" or "Healthcare aide*" or "Health care aide*" or "Health assistant*" or "Healthcare assistant*" or "Health care assistant*" or "Health attendant*" or "Healthcare attendant*" or "Health care attendant*" or "Health auxiliar*" or "Healthcare auxiliar*" or "Health care auxiliar*" or "Health broker*" or "Healthcare broker*" or "Health coach*" or "Healthcare coach*" or "Health care coach*" or "Health communicator*" or "Healthcare communicator*" or "Health care communicator*" or "Health counselor*" or "Healthcare counselor*" or "Health care counselor*" or "Health counsellor*" or "Healthcare counsellor*" or "Health care counsellor*" or "Health education aide*" or "Health educator*" or "Healthcare educator*" or "Health care educator*" or "Health expediter*" or "Healthcare expediter*" or "Health care expediter*" or "Health facilitator*" or "Healthcare facilitator*" or "Health care facilitator*" or "Health guide*" or "Healthcare guide*" or "Health care guide*" or "Health helper*" or "Healthcare helper*" or "Health care helper*" or "Health hostess*" or "Healthcare hostess*" or "Health care hostess*" or "Health liaison*" or "Healthcare liaison*" or "Health care liaison*" or "Health nonprofessional*" or "Healthcare nonprofessional*" or "Health care nonprofessional*" or "Health non-professional*" or "Healthcare non-professional*" or "Health care non-professional*" or "Health promoter*" or "Healthcare promoter*" or "Health care promoter*" or "Health representative*" or "Healthcare representative*" or "Health care representative*" or "Health visitor*" or "Healthcare visitor*" or "Health care visitor*" or "Health worker*" or "Healthcare worker*" or "Health care worker*" or "Home care worker*" or "Home based care worker*" or "Home health aide*" or "Home based health aide*" or "Home visitor*" or "Home based visitor*" or "Indigenous health professional*" or (Indigenous NEAR/2 worker*) or "Informal helper*" or "Intake specialist*" or "Lay adviser*" or "Lay advisor*" or "Lay advocate*" or "Lay aid*" or "Lay attendant*" or "Lay assisted" or "Lay coach*" or "Lay counselor*" or "Lay counsellor*" or "Lay</p>

educator\*" or "Lay facilitator\*" or "Lay health" or "Lay leader\*" or " Lay led" or "Lay mentor\*" or "Lay nonprofessional\*" or "Lay non-professional\*" or "Lay personnel\*" or "Lay provider\*" or "Lay worker\*" or "Medical representative\*" or "Natural caregiver\*" or "Natural helper\*" or Navegante\* or Navigator\* or "Neighborhood representative\*" or "Neighbourhood representative\*" or "Neighborhood worker\*" or "Neighbourhood worker\*" or "Nonprofessional worker\*" or "Non-professional worker\*" or "Nutrition educator\*" or "Nutrition worker\*" or "Outreach advocate\*" or "Outreach coordinator\*" or "Outreach educator\*" or "Outreach manager\*" or "Outreach worker\*" or "Paraprofessional\*" or "Peer adviser\*" or "Peer advisor\*" or "Peer advocate\*" or "Peer aid\*" or "Peer assisted" or "Peer attendant\*" or "Peer coach\*" or "Peer counselor\*" or "Peer counsellor\*" or "Peer educator\*" or "Peer education" or "Peer facilitator\*" or "Peer health" or "Peer leader\*" or "Peer led" or "Peer mentor\*" or "Peer nonprofessional\*" or "Peer non-professional\*" or "Peer personnel\*" or "Peer provider\*" or "Prevention coordinator\*" or "Promotora\*" or "Promotore\*" or "Recovery coach\*" or "Resource mother\*" or "Support worker\*" or "Lay Volunteer\*" or "Volunteer counselor\*" or "Volunteer counsellor\*" or "Volunteer led" or "Voluntary worker\*" or "Peer volunteer\*" or "Health volunteer\*" or "Community volunteer\*"))

*Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years*

**Supplementary Appendix S3.** APHA definition of CHW.

“Community Health Workers (CHWs) are frontline public health workers who are trusted members of and/or have an unusually close understanding of the community served. This trusting relationship enables CHWs to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery. CHWs also build individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, community education, informal counseling, social support and advocacy.<sup>14</sup>”

Reference:

Support for Community Health Workers to Increase Health Access and to Reduce Health Inequities, Policy No. 20091. American Public Health Association (online). Available at: <https://www.apha.org/policies-and-advocacy/public-health-policy-statements/policy-database/2014/07/09/14/19/support-for-community-health-workers-to-increase-health-access-and-to-reduce-health-inequities>. Accessed October 26, 2020.



**Supplementary Table S1. Detailed Intervention Characteristics**

Citation	Intervention	Intervention Goal	Intensity	Control	CHW title and selection	CHW training	CHW supervision	Other personnel
Alegría, 2019 <sup>37</sup>	<i>Psychosocial intervention + group exercise</i> : PM: culturally-adapted CBT-based intervention led by CHWs; plus SB: trainer-led group exercise program	Prevent disability in minority and immigrant older adults with depression or anxiety and impaired function	PM: 10 sessions; 6 mos SB: 36 sessions, 3x/wk; 12-14 wks	Usual care plus mood assessment and written materials	<i>CHW</i> Recruited in collaboration with community site leaders	2d training on PM followed by 4mos of role plays, required min 75% on role play fidelity checks for all 10 sessions	Biweekly supervision with clinical supervisors; first 2 and 15% of all sessions reviewed for fidelity	Exercise trainers for SB component
Dye, 2018 <sup>38</sup>	<i>Health coaching</i> : post-HHS discharge home visits and phone calls for health ed, chronic disease management, resources (CCM model)	Decrease readmissions and ED use in rural older adults with chronic diseases post- HHS discharge	3 visits and 15 phone calls; 4 mos	Eligible but declined; matched	<i>Health Coach</i> Member of the rural community, evaluated through interview, recruited by coordinator	30hr training (80% or higher on test), including CHW competencies (e.g. resource support, self-management, health ed, recognizing risk)	Monthly meetings, weekly phone/e-mail contact with project director	Home health services RN for warm hand-off (referrals and care plans)
Geffen, 2019 <sup>39</sup>	<i>Peer support</i> : peer home visits and phone calls; wellness assessment, health/social service referrals, social engagement	Improve wellbeing among low-income older adults	Weekly or 1-2x/mo, visits plus phone calls; 5 mos	Pre-post	<i>AgeWell Visitor</i> Older adults living in the community, underwent interview and selection process	4wk training on health/well-being, friendships, smartphone and screening instrument, referrals	NR	Assessors (tertiary ed, not health care) for assessments and wellness plans
Lawn, 2017 <sup>40</sup>	<i>Workforce enhancement</i> : support worker training for coordination of care and self-management , using electronic assessment tool	Enhance capacity of support workers in complexity and self-management	N/A (training intervention, part of home health services)	N/A (qual)	<i>Support Worker</i> Employed as home support worker, providing home care support to older adults	3d workshops on identifying risk (electronic tool), goals, behavior change, communication, family dynamics	Communicated with coordinators	Coordinators (social work, PT, OT, nursing) for supervision, case management
Li, 2019 <sup>41</sup>	<i>Collaborative care team</i> : village doctor for medical management; aging worker home visits for social stressors, education, healthy behavior; consultant psychiatrist as needed	Treat comorbid depression and HTN in rural older adults	Aging Worker visits 1x/wk to 1x/mo, plus doctor visits per guideline; 12 mos	N/A (qual; usual care for parent study)	<i>Aging Worker</i> Employed in village education/liaison role; local residents who know villagers well	3d training on HTN and depression, social risk, self-management, communication, problem-solving, ethics; 1d training on collaborative care	Support from project staff, weekly meeting with doctor, monthly call with psychiatrist	Village doctor (formal training or "barefoot doctor"; no medical degree) and consulting psychiatrist

Panagioti, 2018 <sup>42</sup>	<i>Health coaching:</i> phone calls including health behavior change, social prescribing, support/ assessment for mood	Increase self-management and quality of life in older adults with multimorbidity	Phone calls 1x/mo; 6 mos	Usual care	<i>Health Advisor</i> Skills in technology, communication, working with public, coaching for DM, social prescribing	3d training on low mood, manual focused on behavioral activation, cognitive restructuring, problem solving	Monthly supervision for mood; nurse manager and research team support	Specialist nurse manager for support
Russell, 2017 <sup>43,a</sup>	<i>Workforce enhancement, health coaching:</i> integrates health coaching into HHS; motivational interviewing for goal-setting, review chronic diseases, support medication adherence and self-management	Prepare HHAs to integrate health coaching into care for chronically ill older adults to improve self-management	N/A (training intervention, part of home health services)	Pre-post	<i>Health Coach</i> HHA with $\geq 1$ yr experience at partner agency and positive evaluations; close relationship between HHAs and community	1wk curriculum including health coaching, self-management, building motivation and MI, goal-setting, supporting scheduling visits and medication adherence	NR	RN or experienced health coach joint visit with HHA to introduce the program to the patient
Walters, 2017 <sup>44</sup>	<i>Behavior change intervention:</i> home-based sessions for mobility, nutrition, psychological well-being, and social interaction through education, strength/balance exercises, accessing services, environmental changes, goal-setting/ problem solving	Improve clinical outcomes (e.g. functioning) in older adults with mild frailty	6 visits (more if indicated), as-needed phone support; 6 mos	Usual care, written materials	<i>HomeHealth Project Worker</i> Non-specialist with communication skills, experience working with older people, engagement, person-centered planning	4 half-day sessions on communication, mood, behavioral change, nutrition, strength/balance exercises; psychologist session 2mos later to reinforce behavior change	Supervision weekly or every 2-weeks; input from GPs as needed; sessions audio-recorded for fidelity	Project worker supervisor (expert in older adults, communication)
Wang, 2013 <sup>45</sup>	<i>Medication adherence:</i> coach supports medication adherence using medication safety guide, labeling medications with reminders, coaching for med safety	Improve medication safety in rural older adults with chronic illnesses	3 home visits plus 3 phone calls; 2 mos	Usual care	<i>Volunteer Coach</i> Recommended by community leader or clinic, lived in the rural community, high school education, volunteer experience and certification	26hr training to use medication safety guide, key concepts of safety and promoting safety behaviors, interview/communication skills; post-test and mock interview	Group discussion after each visit, copy of medication safety guide submitted	N/A

Abbreviations: CBT, cognitive-behavioral therapy; CCM, Chronic Care Model; d, day(s); DM, diabetes mellitus; ed, education; GP, general practitioner; HHA, home health aide; HHS, home health services; hr, hour(s); HTN, hypertension; mo(s), month(s); NR, not reported; PM, Positive Minds; qual, qualitative; SB, Strong Bodies; wk(s), week(s); yr, year.

<sup>a</sup>Only 1 of the 2 described interventions in this article met criteria for this systematic review.

**Supplementary Table S2. Detailed Quantitative Outcomes**

Citation	Health Outcome Measures	Health Outcome Findings	Quality/ROB <sup>a</sup>
Alegría, 2019 <sup>37</sup>	Mood (HSCL-25); Anxiety (GAD-7); Functional performance (SPPB); Disability (LLDFI); Functioning (WHODAS 2.0)	HSCL-25 improved compared to control at 6mos (p<0.01) and 12mos (p<0.01); No sig effects on GAD-7 at 6mos (p=0.35) or 12mos (p=0.10); SPPB improved at 6mos (p=0.03), not 12mos (p=0.08); LLFDI function improved at 6mos (p=0.02) and 12mos (p<0.01); WHODAS improved at 12mos only (p<0.01), not 6mos (p=0.15); Effect size (Cohen's d) for sig findings 0.23-0.28 at 6mos, similar at 12mos.	ROB low (Cochrane)
Dye, 2018 <sup>38</sup>	# ED/hospital admissions for pneumonia, flu, falls; # ED/hospital admissions for original diagnosis (cardiovascular disease, diabetes, heart failure)	Pneumonia, flu, falls admissions: intervention 1/33 (3%), control 9/36 (25%) (no test of significance); Cardiovascular disease, diabetes, heart failure admissions (original diagnosis): intervention 14/33 (42.4%), 22/36 (61.1%) control (no test of significance).	Weak (EPHPP)
Geffen, 2019 <sup>39</sup>	Well-being (WHO-5 Wellbeing Index); Emotional/informational support (MOS-SS 8); interRAI CheckUp scales for mood, loneliness, activity participation, social interaction, physical activity, falls	WHO-5 improved from baseline (p<0.000); MOS-SS 8 improved from baseline (p<0.000); interRAI CheckUp variables sig improved for mood (p<0.000), loneliness (p NR), activity participation (p NR), social interaction (p<0.000), physical activity (p NR); No sig change in falls (p=0.063).	Moderate (EPHPP)
Panagioti, 2018 <sup>42</sup>	Self-management (PAM) Quality of life (WHOQOL-BREF) Depression (MHI-5) Self-care (SDSCA) Quality of life (EQ-5D-5L), QALYs	No sig effect on PAM compared to control (p=0.133); No sig effect on WHOQOL-BREF (0.099); No sig effect on MHI-5 (0.373) No sig effect on SDSCA (0.58) No sig effect on QALYs (EQ-5D-5L).	ROB high (Cochrane)
Russell, 2017 <sup>43,b</sup>	Quality of life (EQ-5D-5L, Visual Analogue Scale) Self-care maintenance (SC-CII)	No sig change in EQ-5D-5L (p=0.30) EQ Visual Analogue Scale improved from baseline (p=0.02); SC-CII improved from baseline (p=0.03).	Weak (EPHPP)
Walters, 2017 <sup>44</sup>	Functioning (Modified Barthel Index) Well-being (WEMWBS) Psychological distress (GHQ-12) Other: frailty measures, smoking, alcohol use, cognition, falls Quality of life (EQ-5D-5L), QALYs Capability (ICECAP-O), CALYs	Modified Barthel Index improved compared to control (p=0.004); GHQ-12 improved (p=0.010); Grip strength improved (p=0.023); No effect on well-being, # of frailty characteristics, smoking, alcohol use, cognition, falls (p>0.05); Sig effect on CALYs (ICECAP-O, p<0.05), but not QALYs (EQ-5D-5L, p>0.05).	ROB some concerns (Cochrane)
Wang, 2013 <sup>45</sup>	Knowledge, Attitude, Behaviors Medical Safety (KAB-MS)	Knowledge higher compared to control (p=0.012); No sig effect on attitude (p=0.5); Sig higher rates of 3 (of 6) medication safety behavior changes compared to control (p<0.05).	Moderate (EPHPP)

Abbreviations: CALYs, capability-adjusted life-years; ED, emergency department; EPHPP, Effective Public Health Practice Project; EQ-5D-5L, EuroQOL 5-Dimension, 5-Level; GAD-7, Generalized Anxiety Disorder 7-item Scale; GHQ-12, 12-item General Health Questionnaire; HSCL-25, Hopkins Symptom Checklist; ICECAP-O, Icepap Capability Measure for Older People; KAB-MS, Knowledge, Attitude, Behaviors Medication Safety; LLDFI, Late Life Function and Disability Instrument; MHI-5, Mental Health Inventory-5; MOS-SS 8, Medical Outcomes Study Social Support Survey 8; NR, not reported; PAM, Patient Activation Measure; QALYs, quality-adjusted life years; ROB, risk of bias; SC-CII, Self-Care of Chronic Illness Inventory; SDSCA, Summary of Diabetes Self-

Care Activities; SPPB, Short Physical Performance Battery; WEMWBS, Warwick-Edinburgh Mental Well-being Scale; WHO-5, World Health Organization-5 Wellbeing Index; WHODAS 2.0, World Health Organization Disability Assessment Schedule 2.0; WHOQOL-BREF, World Health Organization Quality of Life brief measure.

<sup>a</sup>The Revised Cochrane Risk-of-Bias (RoB 2) Tool for Randomized Trials<sup>34</sup> was used for RCTs and the Effective Public Health Practice Project (EPHPP) Quality Assessment Tool for Quantitative Studies<sup>36</sup> was used for quasi-experimental studies.

<sup>b</sup>Only 1 of the 2 described interventions in this article met criteria for this systematic review.

**Supplementary Table S3. Detailed Qualitative Findings**

Citation	Data Source	Qualitative Findings (Themes)	Quality (NICE) <sup>a</sup>
Geffen, 2019 <sup>39</sup>	3 focus groups w/ 25 AgeWell Visitors	<ul style="list-style-type: none"> <li>Increased sense of connection, less isolation, and increased self-esteem among AgeWell Visitors; enjoyed learning new technology and skills; salary was beneficial to their family and self-esteem.</li> </ul>	-
Lawn, 2017 <sup>40</sup>	10 client interviews; 3 focus groups w/ 24 support workers; 1 focus group w/ 8 coordinators	<ul style="list-style-type: none"> <li><i>Client themes:</i> support worker role and relationship were important; support workers were more collaborative with clients and identified concerns earlier after training; some reported improved health.</li> <li><i>Support worker themes:</i> training was well-received and supported development; saw role as more involved in identifying risks; shift towards behavioral change; positive experience with AWACCS tool to identify changes and receive feedback.</li> <li><i>Coordinator themes:</i> positive about the program, but managing higher client expectations could be challenging; positive effects on communication and support worker skills; AWACCS tool allowed for recognition of changes early and supported feedback.</li> </ul>	+
Li, 2019 <sup>41</sup>	2 focus groups w/ 16 village doctors; 2 focus groups w/ 16 aging workers; 1 focus group w/ 6 psychiatrists	<ul style="list-style-type: none"> <li><i>Coherence:</i> key components were team model and behavioral health/medical care integration; AW helped reduce resistance of older patients to MH treatment.</li> <li><i>Cognitive participation:</i> support of leaders and training were important for engagement; increased knowledge for VDs and AWs, but could be a challenge to workload.</li> <li><i>Collective action:</i> team collaborated well, working together on problem-solving; existing relationship between VDs and AWs facilitated this.</li> <li><i>Reflexive monitoring:</i> VDs and AWs noted improved mood and health among patients; reported increase in family support among patients.</li> </ul>	+
Russell, 2017 <sup>43,b</sup>	Interviews with 23 home health aides	<ul style="list-style-type: none"> <li>HHAs viewed health coaching as a positive new opportunity; noted positive impacts in their own lives; transition to new role was smooth and positive; health coaching facilitates relationships with patients; patient willingness to change supports health coaching.</li> </ul>	+
Walters, 2017 <sup>44</sup>	Interviews with 16 older adults, 2 project workers, 1 supervisor	<ul style="list-style-type: none"> <li>Participants were motivated to participate by health needs (e.g. mood and mobility concerns); unsure what to expect, hoped to have health benefits; satisfied with appointments and home-based delivery; positive about experiences with project workers.</li> <li>Various topics were covered in sessions (e.g. mobility/exercise, transportation, mood, social interaction) and project workers provided many services (e.g. education, training/skills, counseling, social support).</li> <li>Participant engagement was impacted by other factors in life, health, and cognition.</li> <li>Project workers gained confidence over time and enjoyed the role.</li> <li>Strengths included comprehensiveness, addressing unmet need, sustained benefits/skills; limitations included behavioral change not suiting all participants well, difficulty accessing some other services.</li> </ul>	++

Abbreviations: AW, Aging Worker; AWACCS, Activities of daily living, Weight and nutrition, Awareness, Condition, Cognition, and Social activities; VD, village doctor.

<sup>a</sup> The National Institute for Health and Care Excellence (NICE) Quality Appraisal Checklist was used for qualitative studies.<sup>35</sup>

<sup>b</sup> Only 1 of the 2 described interventions in this article met criteria for this systematic review.