Aging in Place with Dignity and Grace:
A Systematic Review of Interventions for Instrumental ADL Independence among Community-Dwelling Older Adults
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Objectives:
- Describe the evidence supporting occupational therapy (OT) interventions for maintaining and/or increasing IADL participation to enable aging in place.
- Recognize the value of OT in supporting instrumental activities of daily living (IADL) performance among community-dwelling older adults
- Develop optimal evidence-based intervention plans for IADL performance in community-dwelling older adults.

PICO: What interventions, within the scope of occupational therapy practice, maintain, restore, or improve participation in instrumental activities of daily living (IADLs) for community-dwelling older adults?

Methods: Databases utilized were CINAHL (1841), PubMed (460), SCOPUS (54), Total: 2,358. Articles used: 14
Sample search terms:
P: Older adults, Elderly, Elder*, Aging, Senior, Community-dwelling, Home-based, Community
I: Occupational therapy, Technol*, Education, Training, Home modification, Assistive technology/devices
O: Instrumental ADL, Home management/maintenance, Meal preparation, Community mobility, Med* management
- PRISMA diagram for systematic reviews was used for graphical representation of flow of citations.
- Critical appraisal of articles using Law and MacDermid (1998) and Letts et al. (2007) review forms

Results:

<table>
<thead>
<tr>
<th>Technology</th>
<th>Task Training</th>
<th>Home modifications</th>
<th>Medication Management</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interventions</td>
<td>Task simplification, energy conservation, training in adaptive equipment, CG training</td>
<td>Home modifications with use of assistive devices, adaptive equipment, and compensatory strategies</td>
<td>Training, technology use, modified routine</td>
</tr>
<tr>
<td>Strength of Evidence</td>
<td>Moderate Health and communication management</td>
<td>Strong Health, home, and communication management, meal prep/cleanup, shopping</td>
<td>Strong Safety and emergency maintenance</td>
</tr>
</tbody>
</table>

Implications:
Practitioners: To support aging in place, focus on IADLs (safety and emergency maintenance, and medication management, shopping, meal prep & housework) by using technology, task training, home modification, and medication management strategies
Education: Efforts should promote the practitioners’ comfort with using medication management and technology-based interventions to improve older adults’ performance with IADLs.
Research: Development of comprehensive and sensitive measures that reflect the breadth of IADL outcomes for community-dwelling older adults are needed. Research should continue exploring the benefits of technology-based interventions as technological advancements are made.
References


