**Appendix A1. Example of search strategy used (Medline Ovid)**

1. older adult\*.ti,ab,kw.
2. oldest old.ti,ab,kw.
3. elder\*.ti,ab,kw.
4. old age.ti,ab,kw.
5. ageing.ti,ab,kw.
6. geriatr\*.ti,ab,kw.
7. later life.ti,ab,kw.
8. late life.ti,ab,kw.
9. oldest-old.ti,ab,kw.
10. aged, 80 and over/
11. geriatrics/nu, px, rh, th (nursing, psychology, rehabilitation, therapy)
12. 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10 OR 11
13. frail\*.ti,ab,kw.
14. prefrail\*.ti,ab,kw.
15. pre-frail\*.ti,ab,kw.
16. ((impair\* OR loss\*) adj2 (physical\* OR function\*)).ti,ab,kw.
17. disab\*.ti,ab,kw.
18. vulnerab\*.ti,ab,kw.
19. (limit\* adj2 (function\* OR mobility OR capacity)).ti,ab,kw.
20. (function\* adj2 (declin\* OR capacity)).ti,ab,kw.
21. homebound.ti,ab,kw.
22. housebound.ti,ab,kw.
23. frail elderly/
24. exp activities of daily living/
25. mobility limitation/
26. fatigue/ or mental fatigue/
27. homebound persons/
28. Home Care Services/
29. 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19 OR 20 OR 21 OR 22 OR 23 OR 24 OR 25 OR 26 OR 27 OR 28
30. depress\*.ti,ab,kw.
31. anxi\*.ti,ab,kw.
32. stress\* adj1 (psychological OR emotional).ti,ab,kw.
33. mood adj1 (low OR disorder).ti,ab,kw.
34. (mental OR psychological OR emotional OR psychosocial) adj1 (health OR ill\* OR wellbeing).ti,ab,kw.
35. bereave\*.ti,ab,kw.
36. Exp depression/
37. affective symptoms/
38. stress, psychological/
39. depressive disorder/
40. mental health/
41. exp anxiety disorders/
42. 30 OR 31 OR 32 OR 33 OR 34 OR 35 OR 36 OR 37 OR 38 OR 39 OR 40 OR 41
43. randomized controlled trial.pt.
44. controlled clinical trial.pt.
45. randomized.ab.
46. clinical trials as topic.sh.
47. randomly.ab.
48. trial.ti.
49. 43 OR 44 OR 45 OR 46 OR 47 OR 48
50. exp animals/ not humans.sh.
51. 49 NOT 50
52. 12 AND 29 AND 42 AND 51

Note: the terms “drug therapy” and “placebo” were omitted from the Cochrane Medline RCT filter as these terms were not relevant to our interventions