

## Supplementary file 1- Search Strategy for PubMed

- 1.Aged (MESH)
- 2.Aged, 80 and over (MESH)
- 3.Frail elderly (MESH)
- 4.“Older adults” [tw]
- 5.“Older adult” [tw]
- 6.“Old adult” [tw]
- 7.“Old adults” [tw]
- 8.“Older people” [tw]
- 9.“Old people” [tw]
- 10.“Older persons” [tw]
- 11.“Older person” [tw]
- 12.“Old person” [tw]
- 13.“Old persons” [tw]
- 14.Senior [tw]
- 15.seniors[tw]
- 16.Elder[tw]
- 17.elderly [tw]
18. 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10 OR 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17
19. Reablement [tw]
20. re-ablement [tw]
- 21.“restorative care” [tw]
- 22.“restorative home care” [tw]
- 23.“restorative home support” [tw] - - “restorative interventions” [tw]
- 24.“restorative intervention” [tw]
- 25.“active service model” [tw]
- 26.“home independence program” [tw]
- 27.“everyday rehabilitation” [tw] “home rehabilitation” [tw]
- 28.“home care rehabilitation” [tw]
- 29.“home-based rehabilitation” [tw]
- 30.home rehabilitation [ti, ab]
31. 19 OR 20 OR 21 OR 22 OR 23 OR 24 OR 25 OR 26 OR 27 OR 28 OR 29 OR 30
32. 18 AND 31

Filters: publication date between 1996- current.

Pub Med was searched September 24<sup>th</sup> 2018, with updated searches July 30<sup>th</sup> 2019 and June 20<sup>th</sup> 2020.

## Supplementary file 2 – Extended data extraction

Author Year Country	Title	Aim	Design/ method	Intervention	Comparison intervention (if applicable)	Duration of inter- vention	HCPs	Reablement receivers + mean age each group (SD)	Sample size/ informants (each group)	Characteristics of general PA facilitation	Exercise characteristics	Experiences/ barriers related to PA	Assessment of physical fitness	Assess- ment of PA levels
<b>Intervention studies - RCTs (n=8)</b>														
Burton et al. <sup>26</sup> 2013 Australia	Effectiveness of a lifestyle exercise program for older people receiving a restorative home care service: a pragmatic randomized controlled trial	To determine whether a lifestyle exercise program would be undertaken more often and result in greater functional gains than the current structured exercise program delivered as part of a restorative home care service for older adults	Parallel pragmatic RCT	Restorative care + LIFE (lifestyle functional exercise program)	Restorative care + standard/ structured exercise program	8 weeks	OTs PTs RNs Aides	Participants of restorative care over 65 years, who were to have an exercise program. Mean age 80.2 (SD 6.4)/ 79.58 (SD 6.2)	80 (40, 40)	Include promotion of active engagement in activities of daily living; care managers offered support and encouragement	Yes. Detailed descriptions provided, including intensity of exercises	Not reported	Functional reach Sit-to stand TUG Tandem walk	Exercise adherence diary
Burton et al. <sup>41</sup> 2014 Australia	Long-term Benefits of a Lifestyle Exercise Program for Older People Receiving a Restorative Home Care Service: A Pragmatic Randomized Controlled Trial	To examine over the longer term, the effectiveness and maintenance of a (modified) lifestyle functional exercise program (LiFE) compared to the current, structured exercise program used in a restorative home care service	Pragmatic RCT long term follow-up	Restorative care + LIFE (lifestyle exercise program)	Restorative care + standard exercise program	8 weeks	OTs PTs RNs Aides	Participants of restorative care over 65 years, who were to have an exercise program. Mean age 80.2 (SD 6.4)/ 79.58 (SD 6.2)	80 (40, 40)	Refers to Burton 2013	Same as Burton 2013	Not reported	Same as Burton 2013	Exercise adherence diary

Tuntland et al. <sup>29</sup> 2015 Norway	Reablement in community-dwelling older adults: a randomised controlled trial	To investigate the effectiveness of reablement in home-dwelling older adults compared with usual care in relation to daily activities, physical functioning, and health-related quality of life	Parallel-group Superiority RCT	Reablement	Usual care	Max 3 months (average: 10weeks)	OT PT Nurses Auxiliary nurses Assistants / students Social educator	Adults >18 with functional decline in one or more activities. Mean age 79.9 (SD 10.4) /78.1 (SD 9.8)	61 (31,30)	Training in daily activities such as dressing, food preparation, vacuuming, bus transport, visiting friends at a club, or being able to knit. HCPs encouraged and assisted in daily training and stimulated to perform daily activities themselves	Exercise programs were recommended as individual features, such as indoor or outdoor walking with or without walking aids, climbing stairs, transferring and performing exercises to improve strength, balance or fine motor skills	Not reported	TUG Grip strength	No
Lewin et al. <sup>27</sup> 2013 Australia	A randomised controlled trial of the Home Independence Program, an Australian restorative home-care program for older adults	To test the effectiveness of the Home Independence Program (HIP), a restorative home-care program for older adults, in reducing the need for ongoing services	RCT	HIP (the home independence program). A restorative home-care program	Usual home care	Max 12 weeks	RNsOTsP Ts Support workers*	Older adults referred for home care, that have chosen to attend to HIP. Mean age 81.84 (7.19)/82.73(7.70)	750 (375, 375)	Promotion of active engagement in daily activities.	Strength, balance and endurance programs for improving or maintaining mobility.	Not reported	TUG(Results for TUG not reported)	No
Whitehead et al. <sup>30</sup> 2016 United Kingdom	Occupational Therapy in HomeCare Reablement Services (OTHERS): results of a feasibility randomized controlled trial	To test the feasibility of conducting a randomized controlled trial (RCT) of an intervention targeted at activities of daily living (ADL), delivered by an occupational therapist, in homecare reablement	Feasibility parallel group RCT	Reablement + OT intervention	Reablement	6 weeks +/-	Social care workers Reablement team leader OT	Adults with a need for homecare support. Mean age: 82.93 (9.02)/81.93 (12.96)	30 (15/15)	Practicing ADL-activities was part of the intervention	Not reported	Not reported	None	No

Parsons et al. <sup>28</sup> 2018 New Zealand	Supported Discharge Teams for older people in hospital acute care: a randomised controlled trial	To determine whether older people referred to a Supported Discharge Team have: (i) reduced length-of-stay in hospital; (ii) reduced risk of hospital readmission; and (iii) reduced healthcare costs	RCT	Supported discharge team	Usual care	Max 6 weeks	Health care Assistants RNs PTs OTs Geriatrician	Older hospitalized people >65 + additional eligibility criteria. 79.8 (7.2)/78.7(8.2)	183 (97,86)	Utilize functional rehabilitation principles to maximize recovery through incorporating exercises within ADL tasks. Health care assistants provided up to 4 visits a day; 7 days a week following a program of graduated reduction of inputs.	Exercises progressively incorporated within ADL tasks, eg progressively increasing walking distance, sit-to stand, lying in bed to standing, carrying groceries home from shops and putting away in cupboards.	Not reported	None	No
Hattori et.al. <sup>31</sup> 2019 Japan	Effects of Reablement on the Independence of Community-Dwelling Older Adults with Mild Disability: A Randomized Controlled Trial	To assess the efficacy of the CoMMIT program for older adults with mild disability	Parallel, two-arm, randomized controlled, superiority trial	Reablement + Standard care	Usual care	5 months	PTs OTs Care managers	Older adults with a current use of long-term care services. Median age 80.0	375 (190/185)	Encouraged to regain physical activities and participation in ADL/IADL, based on motivational interviewing. Aimed to improve body function, activities and participation in accordance with the International Classification of Functioning, disability and health (ICF).	Not reported	Not reported	Not reported	Not reported
Jeon et.al. <sup>32</sup> 2019 Australia	Feasibility and potential effects of interdisciplinary reablement program (I-HARP) for people with cognitive and functional decline: a pilot trial	To test the feasibility and potential effects of I-HARP, which integrates evidence-based strategies and cognitive rehabilitation techniques into a dementia-specific, person-centred reablement package, within an Australian context.	Feasibility study; Parallel-group pilot RCT + Interviews	I-HARP (Interdisciplinary Home-based Reablement Program)	Usual care	4 months (up to 12 visits by HCPs)	OTs RNs Neuropsychologist. (Additional allied health services were recommended when necessary)	Older adults (≥60) with early/moderate stage dementia and difficulties in ADL or IADL. Mean age 79 (range 64-85)/81 (range 74-91)	18 (9/9)	Not reported	Balance and strength exercises were included as needed	Some reported	Not reported	Not reported

Intervention studies - not RCTs (n=8)														
Lewin et al. <sup>34</sup> 2010 Australia	A non-randomised controlled trial of the Home Independence Program (HIP): an Australian restorative program for older home-care clients	To compare programs for personal (functional gain and well-being) and service outcomes	Non-randomized controlled trial	HIP (the home independence program). A restorative home-care program	Usual care	Up to 12 weeks (with some exceptions). Average length of stay was 62 days	Nurses PTs OTs	Older clients over 60 years, referred for home-care services. Mean age: 79.6 (SD 7.8)/79.8 (SD 3.9)	200 (100/100)	Interventions included promotion of active engagement in a range of daily living activities	Interventions included strength, balance and endurance programs for improving or maintaining mobility	Not reported	TUG	No
Whitney et al. <sup>37</sup> 2015 USA	Outcomes of usual versus a specialized falls and balance program in the home	To determine if there was a difference in Outcome and Information Data Set (OASIS-C) activities of daily living (ADL) outcomes as well as the duration and number of home care visits between usual home care rehabilitation services and a home care rehabilitation team that was specially trained in falls identification	Retro-spective quasi-experimental two-group design	Usual home care rehabilitation service specially trained in falls identification and prevention (Safe Strides)	Usual home care rehabilitation service	Mean duration in intervention group was 52.6 days	Nurses PTs OTs	People receiving Medicare beneficiaries. Mean age 81.4 (9.9)/79.9 (10.7)	3902 (2121/1781)	Not specifically reported	Targeted exercise programs focusing on improving mobility and safety in the home were mentioned in the discussion	Not reported	TUG is mentioned, but results are not reported	No
Winkel et al. <sup>39</sup> 2015 Denmark	Reablement in a community setting	To evaluate if a home-based reablement program influenced the ADL ability of older adults	Non-randomized pilot study	Reablement	(No comparison)	12 weeks	Home carer OT	Older adults >65 years applying for home care services or an increase of home care services. Mean age 79.6 (SD 8.8)	91	The role of the home carer was to verbally and physically support and motivate the participant to perform the ADL tasks.	Not mentioned	Not reported	None	No

Tinetti et al. <sup>35</sup> 2002 USA	Evaluation of restorative care vs usual care for older adults receiving an acute episode of home care	To compare functional status and the likelihood of remaining at home for persons receiving restorative care vs usual home care.	Controlled clinical trial	Restorative care	Usual home care	3 months	Nurses PTs OTs Home health staff	Older persons >65 at risk for functional decline after acute illness or hospitalization who were referred to the restorative and usual care offices. Mean age 78.8 (6.9)/78.8 (6.9)	1382 (691,691)	Not reported	The treatment plan included various combinations of exercises and training (not further elaborated, refers to Baker 2001)	Not reported	No	No
Tinetti et al. <sup>36</sup> 2012 USA	Effect of a Restorative Model of Posthospital Home Care on Hospital Readmissions	To compare readmissions of Medicare recipients of usual home care and a matched group of recipients of a restorative model of home care.	Quasi-experimental; matched and unmatched	Restorative care	Usual home care	Mean duration 20.3 days +- 14.8 days	Nurses PTs OTs Home health staff	People >65 receiving home care after hospitalization Mean age 77.4 (6.7)/ 77.0 (6.7)	770 (410/360)	Treatment plans targeted physical impairments and tasks of daily living. Included training and counseling of participant, family and caregivers (content of training not specified).	Treatment plan included various combinations of exercise (Refers to Baker 2001 for further description of intervention)	Not reported	None	No
Langeland et al. <sup>33</sup> 2019 Norway	A multicenter investigation of reablement in Norway: a clinical controlled trial	To investigate the effects of reablement in home-dwelling adults on daily activities, physical function, health-related quality of life and coping as a sense of coherence	Multicenter clinical controlled trial (in 36 municipalities)	Reablement	Standard care	4-10 weeks; (mean 5.7 weeks)	OTs PTs Nurses Auxiliary nurses Home helpers	Home-dwelling adults >18 that recently had experienced functional decline. Mean age: 78.2 (11.2)/79.5 (9.3)	828 (707/121)	Intensive attention was given to encourage participation and stimulate daily training for the participants, including performing their daily tasks themselves.	Exercise programs such as performing exercises to improve strength, balance, or fine motor skills. The exercises will be incorporated into daily routines and the participant will be encouraged to train on their own.	Not reported	SPPB	None
Slater et al. <sup>38</sup> 2018 United Kingdom	An evaluation of the reablement service programme on physical ability, care needs and care plan packages	To examine the impact of reablement on physical independence, care plans and care packages post-discharge for older adults	A retrospective cohort design	Reablement	No comparison	6 weeks*	OTs Health care assistants	Reablement receivers >18 years. Mean age: 76.5 (10.8)	416	Not reported	Not reported	Not reported	No	No

Beresford et al. <sup>40</sup> 2019 United Kingdom	Outcomes of reablement and their measurement: Findings from an evaluation of English reablement services	To report a prospective cohort study of older people receiving reablement in England.	Prospective cohort study	Three different reablement services	No comparison	Planned duration was typically 6 weeks, average duration was 3.9 weeks	OTs Health care assistants	Reablement receivers. Mean age 80.85 (SD9.1)/80.83 (SD 9.0)/81 (8.8)	186	Not reported	Not reported	Not reported	No	No
<b>Mixed method studies/other (n=4)</b>														
Burton et al. <sup>42</sup> 2013 Australia	Barriers and Motivators to Being Physically Active for Older Home Care Clients	To identify the motivators and barriers to being physically active for older people receiving either restorative or "usual" home care services	Cross-sectional mixed method study using questionnaire and interviews	HIP (the home independence program). A restorative home-care program	Usual home care services (HACC)	Minimum 4 weeks, generally 6-12 weeks	RNs OTs PTs Aides*	People Aged 70+ that had received HIP/HACC	Questionnaire : 506 older adults. Interviews: 20 older adults	Not reported	Not reported	Facilitators/ barriers for PA among previous reablement receivers are reported	N/A	PASE
Whitehead et al. <sup>44</sup> 2018 United Kingdom	Content and acceptability of an Occupational Therapy intervention in HomeCare Reablement Services (OTHERS)	To provide a detailed description of the content of the occupational therapy intervention that was provided in the OTHERS trial, and to evaluate whether the intervention was acceptable to the participants who received it	Feasibility/ evaluation study (Part of a feasibility RCT); questionnaire and interviews	OT intervention within reablement service	N/A	Median length of reablement episode was 56 days (range: 20-126 days)	OT Social care reablement workers	Receivers of home care reablement services. Mean age 83 (8.9) in questionnaire, 82.4 (9.86) in interviews.	Interviews: 5 older adults Questionnaire : 8 older adults	Practicing ADL activities was included in intervention	Not reported	Some reported	No	No

Burton et al. <sup>43</sup> 2014 Australia	Determining the Feasibility of a Lifestyle Activity Program for Inclusion in a Restorative Home Care Service: A Pilot Study	To determine whether a lifestyle and functional exercise program (LiFE) was suitable for delivery in a restorative home care service.	Feasibility study; Pilot intervention study, including interviews with clients and care managers	Restorative care + LIFE (lifestyle functional exercise program)	N/A	Average 7-8 weeks	RNs OTs PTs Aides*	Older adults (aged 60 or older) receiving and assessed as requiring an exercise program by their care manager. Mean age 80.8 (5.87)	9 clients	Physical activity program was one of several key components. The care managers discussed how the exercises might fit into the client's routine daily activities	Exercises incorporated into daily activities. An individually targeted Lifestyle exercise program as intervention, including strength and balance activities; a standardized exercise program as comparative intervention. Manual delivered, including guidance on how to progress exercises	Some reported	Functional reach Sit-to-Stand TUG Tandem walk	PASE Actual accelerometer Activity assessment sheets
Baker et al. <sup>45</sup> 2001 USA	The design and implementation of a restorative care model for home care	To describe the development of a restorative model of home care designed to integrate medical treatments for acute conditions with personal care and rehabilitation for chronic disabilities in order to improve older adults' functional outcomes.	Description of design and implementation of a restorative care model	Restorative care model for home care	N/A	Mean duration of the Restorative care was 24.8 days *	Nurses PTs OT Home health aides	People receiving home care, of whom 75% were >65 years.	Model development within a branch of a home care agency. Work group included two researchers (RN, PT), two RNs, 2 PTs, two home health aides. Staff and six older adults participated in focus groups	Supporting older adults perform activities themselves. Help patients safely practice regaining function. Includes a focus on prevention of sedentary behavior.	HHAs were trained to help patients follow through on prescribed exercises and gait and transfer training.	Some reported	Not reported	Not reported

**Quantitative studies (n=4)**



Burton et al. <sup>46</sup> 2013 Australia	Physical activity levels of older adults receiving a home care service	To compare the activity levels of older people who had received a restorative home care service with those of people who had received "usual" home care, explore the predictors of physical activity in these 2 groups, and determine whether either group met the minimum recommended activity levels for their age group	Cross-sectional descriptive questionnaire study	HIP (the home independence program). A restorative home-care program	Home and Community care (HACC)	Generally 6-12 weeks	RNs OTs PTs Aides*	Older adults >70 years that previously had received HIP or HACC	506 Older adults (215,291)	A third (n = 63) of HIP clients, compared with 24.8% (n = 62) of HACC clients, reported having been encouraged to be more physically active by their care manager.	30% (n = 43) of the HIP clients could recall being given an activity program as part of their home care service, compared to 7.7% (n = 15) of HACC clients.	Over three quarters of both HIP (76.7%, n = 135) and HACC (78.5%, n = 172) respondents were sufficiently active as defined by the Australian government's recommendations (minimum 30 min moderate exercise each day)	No	PASE
Tuntland et al. <sup>48</sup> 2017 Norway	Predictors of outcomes following reablement in community-dwelling older adults	To determine the potential factors that predict occupational performance and satisfaction with that performance at 10 weeks follow-up.	Prospective cohort study; pre-post analysis of outcome data from a clinical trial (Langeland 2019)	Reablement	N/A	Max 3 months	OT PT nurse Auxiliary nurse Home helper	Adults >18 years that had experienced a functional decline	712 Reablement receivers	Same as Langeland 2019	Same as Langeland 2019	Not reported	SPPB (only baseline walking speed reported)	No
Tuntland et al. <sup>47</sup> 2019 Norway	Everyday occupations prioritised by older adults participating in reablement. A cross-sectional study	To explore which occupations older people with functional decline find important to improve, which of these they prioritize as their rehabilitation goals, and what factors are associated with these priorities	A cross-sectional study based on data from a nationwide trial (Langeland 2019)	Reablement	N/A	Mean 5.7 weeks (majority between four and six weeks)	OT PT nurse Auxiliary nurse Home helper	>65, home-dwelling, experiencing functional decline. Mean age 81.2 (SD 6.9)	738 reablement receivers	Same as Langeland 2019	Same as Langeland 2019	Not reported	Baseline walking speed reported (based on SPPB)	No

Zingmark et.al. <sup>49</sup> 2020 Sweden	Characteristics of occupational therapy and physiotherapy within the context of reablement in Swedish municipalities: A national survey	To explore the characteristics and differences of occupational therapy and physiotherapy in terms of focus (what the intervention was aimed to improve), content (what actions were implemented) and duration within the context of reablement in Swedish municipalities.	Surveys	Reablement	N/A	In most cases the duration was within a period of 6 weeks	OTs PTs home care staff Collaboration with other professionals, e.g. district nurses, social workers, managers	Adults, mean age: 78.4 years	1,393 OTs, 1,005 PTs	OTs focused mostly on activities such as walking indoors and self-care. PTs focused mainly on walking indoors and body function.	Not reported	Not reported	Tests for balance, strength and mobility were reported by PTs in some cases	Not reported
<b>Qualitative studies; professionals perspectives (n=18)</b>														
Hjelle et al. <sup>59</sup> 2016 Norway	The reablement team's voice: a qualitative study of how an integrated multidisciplinary team experiences participation in reablement	To explore and describe how an integrated multidisciplinary team in Norway experienced participation in reablement	Focus groups. Qualitative phenomenological hermeneutic study. Part of an RCT (Tuntland 2015)	Reablement	N/A	Max 3 months	OTsPTsSocial educators NursesAuxiliary nursesAssistants	Home-dwelling adults (main focus on older adults)	14 HCPs; 1 physio, 2 OT, 1 social educator, 2 nurses, 2 auxiliary nurse, 6 assistants	Same as Tuntland 2015	Same as Tuntland 2015	Not reported	Not reported	Not reported

Hjelle et al. <sup>58</sup> 2018 Norway	Reablement teams' roles: a qualitative study of interdisciplinary teams' experiences	To explore and describe the roles of interdisciplinary teams in reablement services in a Norwegian setting	Focus group discussions and interviews. Qualitative approach drawing on hermeneutic and phenomenological methods.	Reablement	N/A	Max 3 months in the rural setting, max 4 weeks duration in the city	OTs PTs Social educators Nurses Auxiliary nurses Care assistants	Older adults	27 HCPs (PTs, OTs, Nurses, Auxiliary nurses)	Same as Tuntland 2015	Same as Tuntland 2015	Some reported	Not reported	Not reported
Birkeland et al. <sup>50</sup> 2017 Norway	Interdisciplinary collaboration in reablement—a qualitative study	To elucidate how the interdisciplinary collaboration in reablement worked in a Norwegian context	Focus groups, part of a national evaluation project (Langeland 2016)	Reablement	N/A	3 weeks - 3 months (mostly 3-4 weeks)*	PTs OTs Nurses Social educators Auxiliary nurses Social workers	Mostly older adults 65 years and above*	33 HCPs (9 PTs, 9 nurses, 7 OTs, 4 social educators, 3 auxiliary nurses and one social worker)	Not reported	Not reported	Not reported	Not reported	Not reported
Moe et al. <sup>63</sup> 2016 Norway	Interdisciplinary collaboration experiences in creating an everyday rehabilitation model: a pilot study	To gain knowledge about employees' experiences with establishing a new multidisciplinary team and developing a team based work mode	Focus groups	Everyday rehabilitation	N/A	6 weeks (with some exceptions)*	OT Care workers Nurse PT	Older adults	6 HCPs (One OT, two care workers, a nurse, a PT and a project leader)	Not reported	Not reported	Not reported	Not reported	Not reported
Jakobsen et al. <sup>60</sup> 2018 Norway	Health professionals' perspectives of next of kin in the context of reablement	To describe health professionals' perspectives of next of kin in the context of reablement.	Focus groups. Constructivist grounded theory approach	Reablement	N/A	Often 4-6 weeks	PTs OTs RNs Social educators Other employees of the home care services	Older adults +65 years that already received home care services or referred otherwise	49 HCPs (Registered nurses, Health workers, OTs, students, PTs, Social educators)	Professionals assisted the older adults with practicing everyday activities	Professionals assisted the older adults with an individual physical training program	Some reported	Not reported	Not reported

Gustafsson et al. <sup>56</sup> 2019 Sweden	Working with short-term goal-directed reablement with older adults: Strengthened by a collaborative approach	To illuminate the meaning of working with short-term goal-directed reablement of older adults as experienced by an interprofessional team	Written narratives from staff were analyzed in relation to a randomized intervention project	Reablement	N/A	3 months	RNs Nurses OTs PTs Social worker	Older adults	20 HCPs (1 RN, 13 enrolled nurses, 2 PTs, 3 OTs, 1 social worker)	Not reported	Not reported	Not reported	Not reported	Not reported
Jokstad et al. <sup>61</sup> 2018 Norway	Ideal and reality; Community healthcare professionals' experiences of user-involvement in reablement	To explore healthcare professionals' experiences of user-involvement in reablement	Focus groups	Reablement	N/A	Up to 6 weeks	Nurse assistants Nurses PTs OTs	Older adults	18 HCPs (6 nurses, 6 nurse assistants, 3 OTs, 3 PTs)	Not reported	Not reported	Not reported	Not reported	Not reported
Meldgaard Hansen <sup>62</sup> 2016 Denmark	Rehabilitative bodywork: cleaning up the dirty work of homecare	To analyze and discuss how the bodywork of homecare develops and is framed as clean, non-dirty work in the context of rehabilitative homecare	Ethnographic fieldwork	Rehabilitative home care	N/A	Average of 8 weeks in one unit, not specified in the other unit*	PTs OTs Nurses Social and health-care workers	Older adults	Two home care units; 30 interviews with homecare workers, managers and administrators, shadow observations of 20 homecare workers	Not reported	Not reported	Some reported	Not reported	Not reported
Bødker et al. <sup>52</sup> 2018 Denmark	Potentiality made workable—exploring logics of care in reablement for older people	To explore how elder-care professionals translate the abstract notion of 'potentiality' into practice.	Ethnographic field study	Reablement	N/A	8 weeks (info from more recent study)	Assessors Therapist Nurses Health and social care assistants	Participants from one municipality. 67-94 years old	Two municipal units, more than 50 HCPs and 31 older people (of which 8 received reablement). Interviews with 13 HCPs	Training and performing activities (either leisure activities or ADL/domestic) are mentioned.	Not reported	Not reported	Not reported	Not reported

Eliassen et al. <sup>54</sup> 2018 Norway	Variations in physiotherapy practices across reablement settings	To explore how physiotherapy practice is performed in reablement settings and the content of the service provided to reablement users	Field study, including observation and interviews	Reablement	N/A	4-6 weeks (with some exceptions) *	PTs OTs Nurses Home trainers/assistants *	7 reablement participants included in the study	7 PTs and 7 home trainers (+ 7 clients)	Daily activities were included in reablement plans and could involve getting dressed, showering, and walking to the grocery store (see also Eliassen 2018 b and 2018 c)	Exercises were provided in all teams, either as standardized exercises or individual adapted exercises. The exercises mainly targeted balance, leg strength, and gait endurance (see also Eliassen 2018 b, 2018 c and 2020)	Some reported	SPPB was used in all cases.  + extended examinations and assessments in some teams.	Not reported
Eliassen et al. <sup>53</sup> 2018 Norway	The practice of support personnel, supervised by physiotherapists, in Norwegian reablement services	To explore how the home trainers follow up instructions and supervision by PTs in reablement	Field study, including observation and interviews	Reablement	N/A	4-6 weeks (with some exceptions) *	PTs OTs Nurses Home trainers/assistants *	7 reablement participants included in the study	7 PTs and 7 home trainers (+ 7 clients)	Some teams emphasized daily activities in the reablement plan, while in other teams the focus were mainly on exercises, not activity-based goals. (see also Eliassen 2018a and 2018c)	In some teams minimal adjustments and progression of standardized exercise programs were made. In other teams movement quality and adaptation of exercises were more emphasized.(see also Eliassen 2018a, 2018c and 2020)	Some reported	Not reported	Not reported
Eliassen et al. <sup>55</sup> 2018 Norway	Physiotherapy supervision of home trainers in interprofessional reablement teams	To explore the content of PTs' supervision of home trainers in reablement teams	Field study, including observation and interviews	Reablement	N/A	4-6 weeks (with some exceptions) *	PTs OTs Nurses Home trainers/assistants *	7 reablement participants included in the study	7 PTs and 7 home trainers (+ 7 clients)	Same as Eliassen 2018a and 2018b)	Same as Eliassen 2018a and 2018b)	Some reported	Not reported	Not reported

Moe et al. <sup>64</sup> 2017 Norway	Tailoring reablement: A grounded theory study of establishing reablement in a community setting in Norway	To generate a grounded theory of practitioners' patterns of action when establishing reablement	Grounded theory/ field study	Reablement	N/A	Average duration of 6 weeks, maximal duration of 6 months*	Nurse OTs PTs Nurse assistants	Seniors	17 informants (Reablement team, project manager, home care managers, key individuals for establishing reablement service)	Not reported	Not reported	Not reported	Not reported	Not reported
Hansen et al. <sup>57</sup> 2018 Denmark	From Carers to Trainers: Professional Identity and Body Work in Rehabilitative Eldercare	To explore how a nationwide reform initiative, calling for a rehabilitative, activating and 'training' approach to elderly people in Danish homecare services, may transform gendered and embodied conceptions of 'the professional care worker	Ethno-graphic case study	Rehabilitative eldercare	N/A	Average of 8 weeks	Social and healthcar e helpers (home trainers) PTs OTs	Older adults	Unit of 29 HCPs; Shadowing nine home trainers, four therapists (including visits to citizens and interviews)	Encouragement of doing tasks themselves ('standing with hands behind my back')	Not reported	Not reported	Not reported	Not reported
Bodker et al. <sup>51</sup> 2019 Denmark	What constitutes 'good care' and 'good carers'? The normative implications of introducing reablement in Danish home care	To explore how transitioning from compensatory care to reablement care is not merely a practical process, but also a deeply normative one	Ethno-graphic field work	Reablement	N/A	8 weeks	OTs RNs PTs Social and health-care helpers/ assistants	People >65 years in need of assistance with practical tasks and/or personal care	One municipality, involving 31 older people (of which 8 received reablement) Interviews with 13 HCPs	Individualized reablement program includes reablement training. Home helper (upon instruction by the program manager) works to re-enable the older person to manage ADLs	Not reported	Some reported	Not reported	Not reported
Jokstad et al. <sup>61</sup> 2019 Norway	Ideal and reality; Community healthcare professionals' experiences of user-involvement in reablement	To explore healthcare professionals' experiences of user-involvement in reablement	Focus groups. Qualitative content analysis	Reablement	N/A	Up to 6 weeks	OTs PTs RNs Nurse assistants	Older adults	18 HCPs (6 nurse assistants, 6 nurses, 3 PTs, 3 OTs)	Not reported	Not reported	Not reported	Not reported	Not reported

Liaanen et al. <sup>65</sup> 2019 Norway	Becoming an enabler of everyday activity: Health professionals in home care services experiences of working with reablement	To provide knowledge regarding how home care service providers working with reablement in the home care setting describe their experiences	Focus groups, grounded theory approach	Reablement	N/A	Time-limited within 6-8 weeks, with some exceptions*	OTs PTs RNs Other home care staff	Older adults	25 HCPs (2 OTs, 11, RNs, 4 Health workers, 1 Specialist auxiliary nurse, 4 auxiliary nurses, 1 student nurse, 1 Trainee health worker and 1 social educator)	Not reported	Not reported	Some reported	Not reported	Not reported
Eliassen et al. <sup>66</sup> 2020 Norway	Enhancing functional improvement in reablement – a qualitative study	To investigate and discuss how PTs on reablement teams plan and adapt training interventions to enhance users' functional abilities	Field study, including observation and interviews Thematic content analysis	Reablement	N/A	4-6 weeks (with some exceptions)*	PTs OTs Nurses Home trainers/assistants*	7 reablement participants included in the study	7 PTs and 7 home trainers (+ 7 clients)	Identified three main categories of interventions: (i) exercise-based training, (ii) activity-based training, or (iii) a combination of both exercise and activity-based training.	Exercise strategies were emphasized differently between cases.	Not reported	Not reported	Not reported
<b>Qualitative studies; older adults' perspectives (n=7)</b>														
Hjelle et al. <sup>69</sup> 2017 Norway	Driving forces for home-based reablement; a qualitative study of older adults' experiences	To describe older adults experience of reablement	Qualitative; Interviews (part of larger research program; Tuntland 2015)	Reablement	N/A	Max 3 months	OT PT Nurses Auxiliary nurses Assistants / students Social educator	Older adults aged; 64-92	8 older adults	Same as Tuntland 2015	Same as Tuntland 2015	Some reported	Not reported	Not reported

Wilde et al. <sup>72</sup> 2012 United Kingdom	'If they're helping me then how can I be independent?' The perceptions and experience of users of home-care re-ablement services	Not clearly stated, but the title informs that the perceptions and experience of users of home-care re-ablement services are in focus.	Interviews	Home-care re-ablement	N/A	Normally up to 6 weeks, with some flexibility*	Home care staff that had received additional training. OTs regarded as essential members of the team*	74% of service users were >65 years.	34 service users 10 carers	Focuses on increasing service users ability to perform tasks such as getting up, washing, bathing, moving around the home and other daily living activities such as preparing drinks and light meals	Not reported	Some reported	Not reported	Not reported
Gustafsson et al. <sup>68</sup> 2019 Sweden	'Best fit' caring skills of an interprofessional team in short-term goal-directed re-ablement: older adults' perceptions	To illuminate older adults' perceptions of multi-professional team's caring skills as success factors for health support in short-term goal-directed re-ablement.	A descriptive qualitative design with a phenomenographic approach based on interviews	Reablement	N/A	3 months	Nurse Enrolled nurse PT Social worker OT Social assessment officers.	People 65 years of age or older' who had applied for municipal home care and received short-term, goal-directed re-ablement after a period at hospital	23 older adults	Not reported	Not reported	Not reported	Not reported	Not reported
Moe et al. <sup>71</sup> 2016 Norway	Optimising Capacity—A Service User and Caregiver Perspective on Reablement	To generate a grounded theory of service users' and their caregivers' experiences of reablement	Grounded theory; focus groups, interviews and observation	Reablement	N/A	Average duration of 6 weeks, maximal duration of 6 months*	Nurse OTs PTs Nurse assistants	Older adults	17 services users, 10 carers	Includes doing activities of daily life at home and in the neighborhood. Professionals facilitate the process with repetitive practice of activities.	Exercises and other therapeutic activities are based on a detailed screening that identifies activity goals and functional impairments. Physical strengthening primarily involves remedying muscular weakness evoked through long-time passivity or immobility after disease and surgery	Some reported	Not reported	Not reported



Moe et al. <sup>70</sup> 2017 Norway	Patient influence in home-based reablement for older persons: qualitative research	To gain knowledge about conversation processes and patient influence in formulating the patients' goals	A qualitative field study exploring cases of naturally occurring conversations between patients and HCPs	Reablement	N/A	4-6 weeks.	OT PT Nurse Care workers	Older adults aged 67-90.	8 older adults and 14 HCPs (OT, PT, nurse, care workers). Some spouses participated in conversations	Not reported	Not reported	Not reported	Not reported	Not reported
Bodker et al. <sup>67</sup> 2019 Denmark	Home care as reablement or enabling arrangements? An exploration of the precarious dependencies in living with functional decline	To explore how the assumptions about independence embedded in the concept's linguistic parts – 're', 'able' and 'ment' – map onto lives characterized by functional decline	Ethno-graphic fieldwork	Reablement	N/A	8 weeks	Assessor Therapist Nurse	Older adults	Fieldwork in two municipal units, including 28 assessment meetings with 31 older people (of which 8 received reablement)	Individualized training program, including recurrent home training in everyday activities (e.g. vacuum cleaning or taking a bath), managed by a home helper and typically took place one to three times a week depending on the activity	Not reported	Not reported	Not reported	Not reported
Magne et al. <sup>73</sup> 2020 Norway	Promoting Participation in Daily Activities Through Reablement: A Qualitative Study	To describe how older adults engage in daily activities within the context of receiving reablement and to explore participation in daily activities.	Interviews, analyzed using systematic text condensation (STC)	Reablement	N/A	6 weeks or less, with some exceptions*	OTs PTs Homecare workers	Older adults (aged 70-94 years)	10 Older adults.	Not reported	Not reported	Describes and explores older adults' experiences of engaging in daily activities and exercises when receiving reablement	Not reported	Not reported
<b>Perspectives of family members (n=2)</b>														
Hjelle et al. <sup>74</sup> 2017 Norway	The relatives' voice: how do relatives experience participation in reablement? A qualitative study	To explore and describe how relatives experience participation in the reablement process	Qualitative; Interviews (part of larger research program; Tuntland 2015)	Reablement	N/A	Max 3 months	OT PT Nurses Auxiliary nurses Assistants / students Social educator	Adults >18 with functional decline in one or more activities	Six relatives (spouse, child or other kinship)	Same as Tuntland 2015	Same as Tuntland 2015	Some reported	Not reported	Not reported

Jakobsen et al. <sup>75</sup> 2019 Norway	The art of maintaining everyday life: collaboration among older parents, their adult children, and health care professionals in reablement	To identify how adult children perceive the collaboration between older parents, family members, and health care professionals in reablement services.	Interviews. Qualitative research design with a constructivist grounded theory approach.	Reablement	N/A	4-6 weeks	PTsOTsR NsAuxiliary nurses	Older adults 74-93 years old	15 adult children (Eight daughters, six sons and a daughter-in-law of older adults receiving reablement)	Not reported	Not reported	Some reported	Not reported	Not reported
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\* information from personal contact with author.

PA = Physical activity, HCPs =Healthcare providers, OT= Occupational therapist, PT= Physiotherapist, RN= Registered nurse, TUG= Timed up and go, RCT = Randomized controlled trial, ADL = Activities of daily living, SPPB= Short Physical Performance Battery, PASE= physical activity scale for the elderly