

Additional file 6

Table S2. Rehabilitation programs' most important characteristics

First author, year	Name of the overall intervention	Mode of service delivery	Rehabilitation interventions	Co-design of intervention*	Providers	Health care workers	Multidisciplinary rehabilitation team**	Role or task shifthig***	Integrated care****
Kim, H., 2021	Systems for Person-centered Elder Care (SPEC)	Eldercare, Telerehabilitation	Assessment of frailty, Comprehensive assessment of functioning, Case management, Assessment of person-centered goals and priorities for health care, Caregivers education and training	–	Health workers	Nurse	No	No	Yes
Baba, Y., 2021	Adachi Rehabilitation program (ARP)	Eldercare	Therapeutic exercise, Occupational therapy	–	Health workers	Other	No	No	No
Miller, J., 2020	Chronic Pain Self-Management Support With Pain Science Education and Exercise (COMMENCE)	Community	Education and counseling in self-management, Behavioral interventions	–	Health workers	Physical therapist	No	No	No
Nøst, T. H., 2018	Groupbased chronic pain self-management course	Community	Education and counseling in self-management, Education and counseling on physical activity or exercise, Psychological interventions, Behavioral interventions	Yes	Health workers	Physical therapist	No	No	No
Nøst, T. H., 2018	Chronic pain self-management intervention	Community	Education and counseling in self-management, Psychological interventions, Behavioral interventions, Therapeutic exercise, Peer support group	Yes	Health workers	Physical therapist	No	No	No
Mendoza-Núñez, V. M., 2018	Healthy aging program workshop	Community	Education and counseling in self-management	–	Health workers	Geriatrician	No	No	No
Markle-Reid, M., 2018	Self-management program	Community, Home	Assessment of person-centered goals and priorities for health care, Education and counseling on nutrition, Education and counseling in self-management, Follow-up, Peer support or peer support group, Case management, Motivational activities, Home visits	Yes	Health workers, Peers and volunteers	Nurse, Dieticians, Other	Yes	Yes	No
Lycholip, E., 2018	Information and communication technology (ICT)-guided disease management system (ICT-guided DMS)	Telerehabilitation	Assessment of health status, Health status monitoring Education and counseling in self-management	Yes	Health workers	Nurse	No	No	No

Lachance, L., 2018	Evidence-based chronic disease prevention and management interventions	Community	Peer support or peer support group, Education and counseling in self-management, Social care and support plan, Case management, Caregivers education and training	–	Health workers	Community health worker	No	No	No
Wong, A. K. C., 2019	Self-care promoting program	Community, Home	Comprehensive assessment of functioning ,Assessment of person-centered goals and priorities for health care, Education and counseling in self-management, Social care and support plan, Case management, Assessment of environment ,Follow-up	–	Health workers	Nurse, Community health worker, Social workers	Yes	No	No
Kamwesiga, J. T., 2018	F@ce™= a mobile phone supported family-centred ADL intervention	Telerehabilitation	Assessment of person-centered goals and priorities for health care, Occupational therapy, Activities of daily living skills training, Caregivers education and training	–	Health workers, Informal caregivers and family	Occupational Therapist	No	Yes	No
Von Storch, K., 2019	Telemedicine-assisted self-management program	TeleRehabilitation	Assessment of person-centered goals and priorities for health care, Health status monitoring, Education and counseling in self-management, Behavioral interventions, Motivational activities	–	–	–	–	No	No
Inzitari, M., 2018	Health Challenges program	Outpatient, Community	Assessment of frailty,Assessment of health status, Comprehensive assessment of functioning, Optimization of pharmacological therapy, Assessment of nutritional status, Therapeutic exercise,Education and counseling on physical activity or exercise, Education and counseling in self-management, Education and counseling on nutrition	Yes	Health workers	Geriatrician , Nurse, Physical therapist, Social workers, General practitioner	Yes	No	Yes
Godtfredsen, N., 2018	Standardized multidisciplinary pulmonary rehabilitation program	Community	Assessment of health status, Therapeutic exercise, Education and counseling in self-management, Education and counseling on nutrition, Social care and support plan, Psychological interventions, Education and counseling on physical activity or exercise	–	Health workers	Nurse, Physical therapist, General practitioner, Dieticians	Yes	No	Yes
Ehde, D. M., 2018	Telehealth Self-Management and Education Intervention	TeleRehabilitation, Community	Follow-up, Education and counseling in self-management, Behavioral interventions, Education and counseling on nutrition	–	Health workers	Therapist not specified	No	No	No
Nilsson B. B., 2019	Norwegian Ulleval model	Outpatient	Therapeutic exercise, Education and counseling in self-management, Motivational activities	–	Health workers	Physical therapist, Other Physicians, Psychologist	Yes	No	No
Dye, C., 2018	Community Health Coaching	Home, Telerehabilitation	Education and counseling in self-management, Health status monitoring,	Yes	Peers and volunteers	–	No	No	Yes

Assessment of health status, Comprehensive assessment of functioning, Assessment of person-centered goals and priorities for health care, Assessment of fall risk, Follow-up, Education and counseling on nutrition, Education and counseling on physical activity or exercise, Social care and support plan, Case management, Caregivers education and training

Dean, S. G., 2018	Rehabilitation Training (ReTrain) intervention	Community, Home	Assessment of person-centered goals and priorities for health care, Therapeutic exercise, Education and counseling in self-management, Education and counseling on physical activity or exercise, Follow-ups visits	—	Health workers	Community health worker	No	No	No
Clevenger, C. K., 2018	Integrated Memory Care Clinic	Eldercare	Assessment of person-centered goals and priorities for health care, Social care and support plan, Caregivers education and training	—	Health workers, Informal caregivers and family	Geriatrician, Nurse, Social workers	Yes	Yes	Yes
Zhang, L., 2017	Community health service center (CHSC)-based Cardiac Rehabilitation (CR)	Home, Community	Comprehensive assessment of functioning, Assessment of emotional functions, Follow-up, Therapeutic exercise, Education and counseling on Healthy Lifestyle Behaviors, Peer support or peer support group, Caregivers education and training	—	Health workers	Physical therapist, Nurse, Dieticians, Psychologist, Other Physicians	Yes	No	No
Vega-Ramírez, F. A., 2017	Homebased rehabilitation (HBR) intervention	Home	Therapeutic exercise, Activities of daily living skills training, Assessment of person-centered goals and priorities for health care, Assessment of fall risk, Social care and support plan, Caregivers education and training	—	Health workers, Informal caregivers and family	PRM physicians, Physical therapist, Occupational Therapist	Yes	Yes	No
Uittenbroek, R., 2017	Embrace model	Community	Social care and support plan, Assessment of person-centered goals and priorities for health care, Follow-up, Health status monitoring, Functioning monitoring, Education and counseling in self-management, Rehabilitation coordination and management	—	Health workers	Geriatrician, Nurse, Social workers, General practitioner	Yes	No	Yes
Ru, X., 2017	Community-based rehabilitation appropriate technique (CRAT) intervention program	Community, Home	Comprehensive assessment of functioning, Multicomponent rehabilitation programme, Education and counseling in self-management, Caregivers education and training	—	Health workers	Community health worker	No	No	No
Whitehead, P. J., 2018	Bathing adaptations in the homes of older adults (BATH-OUT)	Home	Assessment of environment, Environmental modifications	—	Health workers	Occupational Therapist	No	No	No

Van Lieshout, M. R. J., 2018	Proactive Multicomponent Intervention program	Community	Social skills training, Therapeutic exercise, Education and counseling on self-management, Problem-solving skills training, Cognitive training, Optimization of pharmacological therapy, Education and counseling on nutrition	—	Health workers	Physical therapist, Nurse, Dieticians	Yes	No	No
Valdivieso, B., 2018	Telephone-based, nurse-led case management program	Telerehabilitation	Health status monitoring, Follow-up, Education and counseling in self-management, Caregivers education and training, Social care and support plan	—	Health workers	Nurse	No	No	No
Taube, E., 2018	Case management intervention	Home	Assessment of health status, Comprehensive assessment of functioning, Assessment of person-centered goals and priorities for health care, Assessment of polypharmacy, Assessment of emotional functions, Assessment of fall risk, Social care and support plan, Emotional support, Therapeutic exercise, Social skills training, Case management, Follow-up, Health status monitoring, Functioning monitoring	—	Health workers	Physical therapist, Nurse	No	No	No
Kitzman, P., 2017	The Kentucky Care Coordination for Community Transitions (KC3T) program	Community, Home	Case management, Discharge planning, Follow-up, Assessment of environment, Environmental modifications, Social care and support plan, Education and counseling in self-management, Caregivers education and training, Home visits	—	Health workers	Community health worker	No	No	Yes
Cecins, N., 2017	Community-based Pulmonary rehabilitation programs (PRPs)	Community	Therapeutic exercise, Pharmacological therapy, Education and counseling in self-management, Follow-up	—	Health workers	Physical therapist	No	No	No
Bleijenberg, N., 2017	Nurse-Led Care programs= U-PROFIT and HCP	Home	Case management, Follow-up, Functioning monitoring, Health status monitoring, Assessment of person-centered goals and priorities for health care, Comprehensive geriatric assessment, Assessment of family and caregivers' needs, knowledge, and skills, Multidisciplinary geriatric care, Education and counseling in self-management, Caregivers education and training, Management of urinary incontinence	—	Health workers	Nurse	No	No	Yes
Barker, R. N., 2017	Community Rehabilitation northern Queensland (CRnQ) service	Outpatient	Assessment of person-centered goals and priorities for health care, Rehabilitation coordination and management, Multicomponent rehabilitation programme, Education and counseling in self-management, Follow-up	—	Health workers	Physical therapist, Dieticians, Speech and language therapists, Occupation	Yes	No	No

						al Therapist, Nurse, Social workers			
Zakrisson, A.-B., 2016	Nurse-led multidisciplinary pulmonary rehabilitation (PR) program	Outpatient	Education and counseling in self-management, Therapeutic exercise, Education and counseling on Healthy Lifestyle Behaviors, Caregivers education and training	—	Health workers	Physical therapist, Occupational Therapist, Nurse, Social workers, Dieticians	Yes	No	No
Young-Mee, K., 2016	Wholeness program for Brain Health	Community	Therapeutic exercise, Psychological interventions, Emotional support, Therapeutic recreation, Motivational activities	—	Health workers	Other, Social workers	No	No	No
Vorrink, S. N. W., 2016	mHealth intervention	Telerehabilitation	Assessment of person-centered goals and priorities for health care, Therapeutic exercise, Health status monitoring, Functioning monitoring	—	Health workers	Physical therapist	No	No	No
Tarazona-Santabalbina, F. J., 2016	Multicomponent exercise program (MEP)	Outpatient	Therapeutic exercise, Health status monitoring	—	Health workers	Physical therapist, Nurse	No	No	No
Shinkai, S, 2016	Health Literacy and Exercise programs	Community	Comprehensive geriatric assessment, Functioning monitoring, Education and counseling on Healthy Lifestyle Behaviors, Education and counseling on physical activity or exercise, Therapeutic exercise, Social care and support plan, Education and counseling on nutrition	Yes	Health workers	General practitioner, Nurse	No	No	No
Ruikes, F. G. H., 2016	CareWell primary care program	Outpatient	Assessment of polypharmacy, Rehabilitation coordination and management, Case management, Functioning monitoring, Follow-up, Health status monitoring, Assessment of person-centered goals and priorities for health care, Social care and support plan	—	Health workers	Geriatrician, Nurse, General practitioner	Yes	No	No
Rosen, D., 2016	Tele-coaching intervention	Telerehabilitation	Case management, Education and counseling on nutrition, Functioning monitoring, Follow-up, Health status monitoring, Assessment of person-centered goals and priorities for health care, Education and counseling in self-management, Behavioral interventions,	—	Health workers	Social workers	No	No	No

Education and counseling on Healthy Lifestyle Behaviors

McNamara, R. J., 2016	Community-based supervised exercise training program	Community	Therapeutic exercise	—	Health workers	Physical therapist	No	No	No
Mas, M. À., 2016	Hospital-at-home integrated care program	Home	Comprehensive geriatric assessment, Assessment of person-centered goals and priorities for health care, Rehabilitation coordination and management, Activities of daily living skills training, Therapeutic exercise, Environmental modifications, Assessment of fall risk	—	Health workers	Physical therapist, Occupational Therapist, Other Physicians, Nurse	Yes	No	Yes
Marsden, D. L., 2016	Home- and community based exercise program	Community	Comprehensive assessment of functioning, Therapeutic exercise, Assessment of person-centered goals and priorities for health care, Follow-up, Education and counseling on physical activity or exercise	—	Health workers	Physical therapist	No	No	No
Looman, W. M., 2016	Pro-active integrated care intervention	Outpatient	Multicomponent rehabilitation programme, Comprehensive assessment of functioning, Assessment of cognitive functions, Assessment of emotional functions, Assessment of person-centered goals and priorities for health care, Rehabilitation coordination and management, Case management, Assessment of fall risk, Assessment of polypharmacy, Management of urinary and bowel incontinence	—	Health workers	Physical therapist, General practitioner, Nurse, Other	Yes	No	Yes
Littlewood, C., 2016	Self-managed single exercise programme	Outpatient	Physical therapy, Follow-up, Education and counseling on physical activity or exercise	—	Health workers	Physical therapist	No	Yes	No
Leung, Y.-Y., 2016	Arthritis self-management program (ASMP)	Community	Education and counseling in self-management, Peer support or peer support group, Assessment of person-centered goals and priorities for health care, Therapeutic exercise	—	Health workers, Peers and volunteers	Nurse	No	Yes	No
Kono, A., 2016	Preventive Home Visit (PHV) program	Home	Comprehensive assessment of functioning, Functioning monitoring, Assessment of cognitive functions, Assessment of person-centered goals and priorities for health care, Rehabilitation coordination and management	—	Health workers	Nurse, Social workers, Other	Yes	No	No
Kjerstad, E., 2016	Reablement intervention	Home	Comprehensive assessment of functioning, Assessment of person-centered goals and priorities for health care, Caregivers education and training, Education and counseling in self-management, Activities of daily living skills training, Provision and	—	Health workers	Physical therapist, Occupational Therapist	No	No	No

training in the use of assistive products, Environmental modifications, Social care and support plan, Occupational therapy, Physical therapy

Jones, F., 2016	Self-management program	Community	Multicomponent rehabilitation programme, Assessment of person-centered goals and priorities for health care, Education and counseling in self-management	–	Health workers	Occupational Therapist, Physical therapist, Speech and language therapists	Yes	No	Yes
Cameron-Tucker, H. L., 2016	Telephone-mentoring with home-based walking	Telerehabilitation	Assessment of person-centered goals and priorities for health care, Therapeutic exercise, Education and counseling on Healthy Lifestyle Behaviors, Education and counseling in self-management, Follow-up	–	Health workers	Nurse	No	No	No
Calugi, S., 2016	Adaptive physical activity (APA) program combined with therapeutic patient education (TPE)	Community	Caregivers education and training, Education and counseling in self-management, Education and counseling on Healthy Lifestyle Behaviors, Therapeutic exercise	–	Health workers	Other Physicians, Physical therapist	No	No	No
Bleijenberg, N., 2016	Proactive Primary Care Program	Outpatient	Assessment of frailty, Assessment of polypharmacy, Comprehensive geriatric assessment, Functioning monitoring, Case management, Follow-up, Multicomponent rehabilitation programme, Management of urinary incontinence	–	Health workers	General practitioner, Nurse	No	No	No
Van Dijk-de Vries, A., 2015	Self-Management Support (SMS)	Outpatient	Assessment of person-centered goals and priorities for health care, Comprehensive assessment of functioning, Assessment of emotional functions, Emotional support, Education and counseling in self-management, Problem solving skills training	–	Health workers	Nurse	No	Yes	No
Van der Weegen, S., 2015	It's LiFe! Mobile and Web-Based Monitoring and Feedback Tool	TeleRehabilitation	Education and counseling in self-management, Motivational activities, Education and counseling on physical activity or exercise, Functioning monitoring, Assessment of person-centered goals and priorities for health care	Yes	Health workers	Nurse	No	No	No
Scharlach, A. E., 2015	ElderHelp Concierge Club: an integrated community-based care model	Home	Comprehensive assessment of functioning, Case management, Assessment of environment, Assistance in activities of daily living	–	Peers and volunteers	–	No	No	No
Pighills, A. C., 2015	Professional skill-sharing intervention	Community	Comprehensive assessment of functioning, Rehabilitation coordination and	–	Health workers	Physical therapist, Occupation	Yes	Yes	No

management, Multicomponent
rehabilitation programme

al
Therapist,
Other
Physicians

Mosleh, S. M., 2015	Community-based cardiac rehabilitation	Outpatient	Therapeutic exercise, Education and counseling in self-management	—	Health workers	Physical therapist, Nurse, Psychologist, Dieticians	Yes	No	No
Mays, R. J., 2015	Walking exercise intervention	Community	Therapeutic exercise, Education and counseling in self-management, Assessment of environment, Functioning monitoring	—	—	—	—	No	No
Lou, P., 2015	Health management program	Community	Rehabilitation coordination and management, Comprehensive assessment of functioning, Follow-up, Education and counseling in self-management, Education and counseling on Healthy Lifestyle Behaviors	—	Health workers	General practitioner, Nurse, PRM physicians, Dieticians	Yes	No	No
Kidd, L., 2015	Self-management intervention	Home	Motivational activities, Assessment of person-centered goals and priorities for health care, Education and counseling in self-management	Yes	Health workers	Nurse	No	No	No
Garvey, J., 2015	OPTIMAL= occupation-based self-management programme	Community	Education and counseling in self-management, Assessment of person-centered goals and priorities for health care, Education and counseling on Healthy Lifestyle Behaviors, Peer support or peer support group	—	Health workers	Occupational Therapist	No	No	No
Forster, A., 2015	System of Longer-Term Stroke Care	Community	Comprehensive assessment of functioning, Multicomponent rehabilitation programme	—	Health workers	—	—	No	No
Foley, M. P., 2015	The Central Savannah River Area (CSRA) LIVESTRONG program	Community	Therapeutic exercise, Comprehensive assessment of functioning, Assessment of person-centered goals and priorities for health care	—	Health workers	Physical therapist	No	No	No
Clark, R. A., 2015	Tablet computer-based educational resource	TeleRehabilitation	Education and counseling in self-management	—	Health workers	—	—	No	No
Martel, D., 2018	Home-based (HEPtech) and community-based (YMCA) physical activity programs	Outpatient, TeleRehabilitation	Therapeutic exercise, Follow-up	—	Health workers	Physical therapist	No	No	No
Hevey, D., 2020	Chronic Disease Self-Management Program (CDSMP)	Community	Peer support or peer support group, Education and counseling in self-management, Assessment of person-centered goals and priorities for health care, Behavioral interventions	—	Peers and volunteers	—	No	Yes	No

King, A. I. I., 2018	Implementation of a screening tool by a gerontology nurse	Community	Comprehensive assessment of functioning, Comprehensive geriatric assessment, Functioning monitoring, Assessment of polypharmacy, Case management, Follow-up	Yes	Health workers, Peers and volunteers	General practitioner, Nurse	No	Yes	No
De Vriendt, P., 2016	Client-Centred and Activity-Oriented Program	Community	Assessment of person-centered goals and priorities for health care, Activities of daily living skills training, Provision and training in the use of assistive products, Caregivers education and training	–	Health workers	Occupational Therapist	No	No	Yes
Langoni, C. D. S., 2019	Group exercises	Community	Therapeutic exercise, Motivational activities	–	–	–	–	No	No
Winkel, A., 2015	Reablement in a community setting	Home	Case management, Follow-up, Assessment of person-centered goals and priorities for health care, Activities of daily living skills training, Assessment of environment, Environmental modifications, Caregivers education and training	–	Health workers	Occupational Therapist	No	No	No
Lewin, G., 2016	The Home Independence program	Home	Comprehensive assessment of functioning, Therapeutic exercise, Education and counseling in self-management, Assessment of person-centered goals and priorities for health care, Activities of daily living skills training, Provision and training in the use of assistive products, Multicomponent rehabilitation programme, Rehabilitation coordination and management, Pharmacological therapy, Education and counseling on nutrition, Management of urinary and bowel incontinence	–	Informal caregivers and family	–	No	Yes	No
Metzelthin, S. F., 2015	Prevention of Care (PoC) approach	Home	Assessment of frailty, Multicomponent rehabilitation programme, Assessment of person-centered goals and priorities for health care, Rehabilitation coordination and management	–	Health workers	Physical therapist, Occupational Therapist, General practitioner, Nurse	Yes	No	No
Liang, C. C., 2022	Volunteer-Led Community Care Station program	Community	Social care and support, Education and advice on self care, Home visits, Therapeutic exercises, Therapeutic recreation	–	Peers and volunteers	–	No	Yes	No
Stathi, A., 2022	Physical activity and behaviour maintenance program	Community	Therapeutic exercise, Therapeutic recreation, Education and advice on self care, Education to influence lifestyle behaviours, Behavioural interventions	–	Health workers	Exercise professionals	No	No	No
Tekin, F., 2022	Telerehabilitative Home Exercise program	TeleRehabilitation	Therapeutic exercise, Assessment of risk for falls, Assessment of functioning	–	Health workers	Physical therapist	No	No	No

Otero, P., 2021	Videogame for the Promotion of Active Aging	TeleRehabilitation	Cognitive training, Psychological interventions, Education to influence lifestyle behaviours, Therapeutic recreation	—	—	—	—	No	No
Kim, S., 2021	Physical Exercise program	Community	Therapeutic exercise	—	Health workers	Exercise professionals, Community health worker	No	No	No
Sun, F. C., 2021	Group Music Therapy with Physical Activities	Community	Therapeutic exercise, Music therapy	—	Health workers	Physical therapist, Music therapist	No	No	No
Farinha, C., 2021	Aquatic Exercise program	Community	Therapeutic exercise	—	Health workers	Exercise professionals	No	No	No
Barker, K. L., 2021	Community Rehabilitation after Knee Arthroplasty (CORKA) program	Home	Assessment of functioning, Assessment of person-centered goals and priorities for health care, Therapeutic exercise, Provision and training in the use of assistive products	Yes	Health workers	Physical therapist, Physical Therapist Assistants	No	Yes	No
Meisingset, I., 2021	Three different working models of home-based rehabilitation	Home, Eldercare	Therapeutic exercise, Home visits, Follow up visits, Occupational Therapy, Assessment of functioning, Assessment of person-centered goals and priorities for health care, Social care and support	—	Health workers	Physical therapist, Occupational Therapist, Home care personnel	Yes	No	No
Suikkanen, S., 2021	Structured, periodical, progressive, and multicomponent physical exercise program	Home	Therapeutic exercise, Education about nutrition, Education about physical activity and exercise	—	Health workers	Physical therapist	No	No	Yes
Yi, D., 2021	Remote Home-Based Exercise Program	Home, Telerehabilitation	Therapeutic Exercise, Assessment of risk for falls, Environmental adaptations, Home visits, Follow up visits	—	Health workers	Physical therapist	No	No	No
Ullrich, P., 2022	Home-based physical training and activity promotion program	Home	Education and advice on self care, Education about physical activity and exercise, Motivational interventions, Therapeutic exercise, Training for activities of daily living, Assessment of environment, Assessment of functioning, Home visits	—	Health workers	Exercise professionals	No	Yes	No
Hosteng, K. R., 2021	MapTrek Intervention	Eldercare institution	Education about physical activity and exercise, Motivational interventions, Functioning monitoring, Education to influence lifestyle behaviours	Yes	—	—	—	—	No

Sen, E. I., 2021	The multicomponent exercise program (MCEP)	Home	Therapeutic exercise	–	–	–	–	–	No
Sok, S., 2021	Cognitive/exercise dual-task program	Community	Motivational interventions, Therapeutic exercise, cognitive training	–	Health workers	Nurse	No	Yes	No
Jungreitmayr, S., 2021	ICT-Supported Functional Fitness program (FFP)	Telerehabilitation	Therapeutic exercise	–	–	–	–	No	No
Liang, C. K., 2021	Multidomain intervention	Community	Therapeutic exercise, Education about nutrition, Cognitive training, Education and advice on self care	–	–	–	–	No	No
Furuta, K., 2022	Group program focused on enabling life performance	Community	Education and advice on self care, Assessment of person-centered goals and priorities for health care, Therapeutic exercise, Education about physical activity and exercise, Education to influence lifestyle behaviours	–	Health workers	Occupational Therapist, Gerontologists	No	No	No
Oh, S. L., 2021	Community-based integrated exercise and health education program	Home, Outpatient	Therapeutic exercises, Education and advice on self care, Education to influence lifestyle behaviours, Education about nutrition, Counselling for weight management	–	Health workers	Exercise professionals, Physicians not specified, Dieticians, Nurse	Yes	No	No
Tou, N. X., 2021	Community-Delivered Functional Power Training program	Community	Therapeutic exercise	–	Health workers	Exercise professionals	No	No	No
Borges-Machado, F., 2021	Multicomponent intervention	Outpatient	Therapeutic exercise	–	Health workers	Exercise professionals	No	No	No
Pepera, G., 2021	Multicomponent exercise training intervention	Eldercare	Therapeutic exercise	–	Health workers	Physical therapist	No	No	No
Arena, S. K., 2021	HOP-UP-PT program	Community, telerehabilitation	Therapeutic exercise, Assessment of risk for falls, Motivational interventions, Education to influence lifestyle behaviours, Environmental adaptations, Assessment of environment, Functioning monitoring	–	Health workers	Physical therapist	No	No	No
Mao, H. F., 2021	Multicomponent cognitive intervention	Community	Therapeutic exercise, Cognitive training, Training in activities of daily living, Motivational interventions, Therapeutic recreation, Assessment of person-centered goals and priorities for health care	–	Health workers	Occupational Therapist	No	No	No
Bagkur, M., 2021	Home-based interactive telerehabilitation program	Telerehabilitation	Therapeutic exercise	–	Health workers	Physical therapist	No	No	No

Woo, J., 2021	Integrated Model of Community Care	Outpatient,community	Therapeutic exercise, Assessment of risk for falls, Training for activities of daily living, Assessment of person-centered goals and priorities for health care, Cognitive training, Social care and support plan	—	Health workers	Nurse, Physical therapist, Dieticians, Optometrist	Yes	No	Yes
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*Patients and/or caregivers were involved in the design of the intervention. This took place before the intervention and took into account patients' and/or caregivers' opinions, preferences and values. ***At least 3 providers were reported. ***The paper was consistent with the following definition of role or task shifting = a process by which services typically provided by one type of health worker are shifted to others with less extensive qualifications or training. ****The paper was in line with the following definition of integrated care: Also known as integrated health, coordinated care, comprehensive care, seamless care, or transmural care, is a worldwide trend in health care reforms and new organizational arrangements focusing on more coordinated and integrated forms of care provision. OR the WHO definition, "Integrated care is a concept bringing together inputs, delivery, management and organization of services related to diagnosis, treatment, care, rehabilitation and health promotion. Integration is a means to improve services in relation to access, quality, user satisfaction and efficiency(1).

1. Gröne O, Garcia-Barbero M. Integrated care: a position paper of the WHO European Office for Integrated Health Care Services. International journal of integrated care. 2001;1.