



Helping older patients to be physically and socially active

References

1. Steinman M, Perry L, Perissinotto C. Meeting the care needs of older adults isolated at home during the COVID-19 pandemic. *JAMA Intern Med.* 2020; 180(6): 819-820.
2. Schrepff S, Jackowska M, Hamer M, Steptoe A. Associations between social isolation, loneliness, and objective physical activity in older men and women. *BMC Public Health.* 2019; 19: 74
3. Kobayashi L, Steptoe A. Social isolation, loneliness and health behaviours at older ages: longitudinal cohort study. *Ann Behav Med.* 2018; 52: 582-593.
4. Soubra R, Chkeir A, Novella J. A systematic review of thirty-one assessment tests to evaluate mobility in older adults. *Biomed Res Int.* 2019; 2019: 1354362. doi: 10.1155/2019/1354362
5. Cesari M et al. Prognostic value of usual gait speed in well-functioning older people—results from the Health, Aging and Body Composition study. *J Am Geriatr Soc.* 2005; 53: 1675-80.
6. Australian Commission on Safety and Quality in Healthcare. Preventing falls and harm from falls in older people. Best Practice Guidelines for Australian Residential Aged Care Facilities. Sydney, Australia. 2009.
7. Royal College of General Practitioners. Silver Book, Part A. Available at: www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/silver-book/part-a/falls [Accessed March 2020].
8. Morley J. Rapid geriatric assessment. Secondary prevention to stop age-associated disability. *Clin Geriatr Med.* 2017; 33: 431-440.
9. Dhanak M, Penhall R. Australian and New Zealand Society for Geriatric Medicine Position Statement—Exercise guidelines for older adults. *Australasian Journal of Ageing.* 2014; 33(4): 287-294.
10. World Health Organisation. World report on ageing and health. Geneva, Switzerland. WHO Press. 2015.
11. Dent E et al. Physical frailty: ICFSR international clinical guidelines for identification and management. *J Nutr Health Aging.* 2019; 23: 771-787.
12. Australian Government Department of Veterans' Affairs. Men's health peer education magazine. 2018; 17(1): 1-32.
13. Australian Medicines Handbook. Adelaide. Australian Medicines Handbook Pty Ltd. 2020.
14. Wolff A et al. A guide to medications inducing salivary gland dysfunction, xerostomia, and subjective sialorrhea: a systematic review sponsored by the world workshop on oral medicine VI. *Drugs R D.* 2017; 17:1-28.
15. Lim R, Kalisch Ellett L, Widagdo I, Pratt N, Roughead E. Analysis of anticholinergic and sedative medicine effects on physical function, cognitive function, appetite and frailty: a cross-sectional study in Australia. *BMJ Open.* 2019; 9: e029221.
16. Royal Australian College of General Practitioners. Guidelines for preventive activities in general practice. 9th edn. East Melbourne, Vic. RACGP. 2016.
17. Australian Government National Health and Medical Research Council. Australian Guidelines to Reduce Health Risks from Drinking Alcohol. Canberra, ACT. 2009.
18. Australian Government Department of Veterans' Affairs. Rehabilitation Appliances Program (RAP) Schedule for Providers. 2020. Available at: www.dva.gov.au/providers/rehabilitation-appliances-program-rap [Accessed February 2020].
19. Australian Government, Department of Veterans' Affairs, Department of Health and Ageing. Choose health: be active. a physical activity guide for older Australians. Commonwealth of Australia and the Repatriation Commission. Canberra. 2008.
20. Peklar J et al. Sedative load and frailty among community-dwelling population aged ≥65 years. *J Am Med Dir Assoc.* 2015; 16: 282-9.
21. Mintzer J, Burns A. Anticholinergic side-effects of drugs in elderly people. *J R Soc Med.* 2000; 93: 457-462.
22. Pratt N et al. Association between use of multiple psychoactive medicines and hospitalization for falls: retrospective analysis of a large healthcare claim database. *Drug Saf.* 2014; 37: 529-35.
23. Lavan A, Gallagher P. Predicting risk of adverse drug reactions in older adults. *Ther Adv Drug Saf.* 2016; 7(1): 11-22.
24. Elliott R, Booth J. Problems with medicine use in older Australians: a review of recent literature. *Journal of Pharmacy Practice and Research.* 2014; 44: 258-271.
25. NHS Scotland. Polypharmacy guidance realistic prescribing, 3rd Ed. 2018. Available at: www.polypharmacy.scot.nhs.uk/polypharmacy-guidance-medicines-review-for-healthcare-professionals/effectiveness-nnt/ [Accessed March 2020].
26. Widagdo I, Pratt N, Russell M, Roughead E. Predictive performance of four frailty measures in an older Australian population. *Age and Ageing.* 2015; 44: 967-72.
27. Hubbard R, Ng K. Australian & New Zealand Society for Geriatric Medicine. Position Statement—Frailty in older people. *Australasian Journal of Ageing.* 2015; 34(1): 68-73.
28. Molga A, LeCouteur D, Hilmer S, Johns S, Maddison J. Australian & New Zealand Society for Geriatric Medicine. Position Statement Position Abstract: prescribing in older people. *Australasian Journal of Ageing.* 2018; 37(4): 313.
29. Kalisch Ellett L, Caughey G, Roughead E, Gilbert A. The prescribing cascade. *Aust Prescr.* 2011; 34(6): 162-6.
30. Medicare Benefits Schedule-item 900 and 903. Domiciliary Medication Management Review. Available at: www9.health.gov.au/mbs/fullDisplay.cfm?type=item&q=900&qt=ItemID [Accessed March 2020].
31. O'Mahony D et al. STOPP/START criteria for potentially inappropriate prescribing in older people: version 2. *Age Ageing.* 2015; 44: 213-8.
32. Kalisch Ellett L, Kassie G, Pratt N, Kerr M, Roughead E. Prevalence and duration of use of medicines recommended for short-term use in aged care facility residents. *Pharmacy (Basel).* 2019; 7(55): doi.10.3390/pharmacy702055
33. Glass J, Lancot K, Herrmann N, Sproule B, Busto U. Sedative hypnotics in older people with insomnia: meta-analysis of risks and benefits. *BMJ.* 2005; 331: 1169.
34. Pharmaceutical Benefits Scheme. Tapentadol. Available at: www.pbs.gov.au [Accessed March 2020].
35. Duran C, Azermai M, Vander Stichele R. Systematic review of anticholinergic risk scales in older adults. *Eur J Clin Pharmacol.* 2013; 69: 1485-96.
36. Kalisch Ellett L, Pratt N, Ramsay E, Barratt J, Roughead E. Multiple anticholinergic medication use and risk of hospital admission for confusion or dementia. *Journal of the American Geriatrics Society.* 2014; 62(10): 1916-1922.