

**Supplementary Table S3.** Studies excluded based on full text review

Study	Reason for exclusion
Ronen R, Braun Z, Eyal P et al. (1996). A community-oriented programme for rehabilitation of persons with arthritis. <i>Disability and Rehabilitation</i> , 18(9), 476481. doi: 10.3109/09638289609165912	No control groups
Jacob T, Zeev A, Epstein L. (2003). Low back pain-a community-based study of care-seeking and therapeutic effectiveness. <i>Disability and Rehabilitation</i> , 25, 2,6776. doi:10.1080/0963828021000007905	No control groups
Sakai T, Tanaka K, Holland GJ. (2000). Functional and locomotive characteristics of stroke survivors in Japanese community-based rehabilitation. <i>American Journal of Physical Medicine and Rehabilitation</i> , 81,675683. doi:10.1097/01.PHM.0000023269.53243.8	The difference is not CBR
Lai JCK, Woo J, Hui E et al. (2004). Telerehabilitation-a new model for community-based stroke rehabilitation. <i>Journal of Telemedicine and Telecare</i> , 10, 199-205.	No control groups
Yoshida Y, Matsukawa M, Takeuchi Y, et al. (2018). A new role in physical therapy, serving as community health providers in a super-aged society. <i>Geri Notes</i> , 25, 25-27.	No control groups
Hirosaki M, Ohira T, Kajitani M et al. (2013). Effects of a laughter and exercise program on physiological and psychological health among community-dwelling elderly in Japan: Randomized controlled trial. <i>Geriatrics and Gerontology International</i> , 13, 152-160. doi: 10.1111/j.1447-0594.2012.00877.x	No fitness ability assessment
Ya L, Marcia A, Petrini MA. (2018). Effects of a home-based resistance exercise in chinese individuals living with physical disability: Resistance exercise on PWPDP. <i>Clinical Consultation</i> , 43(3), 174-182. doi: 10.1097/rnj.0000000000000010	Not over 60
Liang CC, Change QX, Hung YC et al. (2017). Effects of a community care station program with structured exercise intervention on physical performance and balance in community-dwelling older adults: A prospective 2-year observational study. <i>Journal of Aging and Physical Activity</i> , 25, 596-603. doi: 10.1123/japa.2015-0326	Not in Asian countries
Li L, Dai JX, Xu L et al. (2017). The effect of a rehabilitation nursing intervention model on improving the comprehensive health status of patients with hand burns. <i>Burns</i> , 877-885. doi:10.1016/j.burns.2016.11.003	Not over 60
Lee FKI, Lee TFD, So WKW. (2016). Effects of a tailor-made exercise program on exercise adherence and health outcomes in patients with knee osteoarthritis: A mixed-methods pilot study. <i>Clinical Interventions in Aging</i> , 11, 1391-1402. doi: 10.2147/CIA.S111002	Not in Asian countries
Okubo Y, Osuka Y, Jung S et al. (2016). Walking can be more effective than balance training in fall prevention among community-dwelling older adults. <i>Geriatrics &amp; Gerontology International</i> , 16, 118-125. doi: 10.1111/ggi.12444	The difference is not CBR
Koc A. (2015). Exercise in patients with subacute stroke: A randomized, controlled pilot study of home-based exercise in subacute stroke. <i>Work</i> , 52, 541-547. doi:10.3233/WOR-152156	No fitness ability assessment
Saensook W, Phonthee S, Srisim K et al. (2014). Ambulatory assistive devices and walking performance in patients with incomplete spinal cord injury. <i>International Spinal Cord Society</i> , 52, 216-219. doi:10.1038/sc.2013.120	Not in Asian countries
Toba K, Nakamura Y, Endo H et al. (2014). Intensive rehabilitation for dementia improved cognitive function and reduced behavioral disturbance in geriatric health service facilities in Japan. <i>Geriatrics and Gerontology International</i> , 14, 206-211. doi: 10.1111/ggi.12080	No fitness ability assessment
Poorbaghi S, Baghernia A, Golzari SEJ et al. (2013). The effect of home-based cardiac rehabilitation program on self-efficacy of patients referred to cardiac rehabilitation center. <i>BMC Research Notes</i> , 6, 287. http://www.biomedcentral.com/1756-0500/6/287	Not over 60
Zhang X, Reinhardt JD, Gosney JE et al. (2013). The NHV rehabilitation services program improves long-term physical functioning in survivors of the 2008 Sichuan earthquake: A longitudinal quasi experiment. <i>PLOS ONE</i> , 8(1). e53995. doi: 10.1371/journal.pone.0053995	Not over 60
Ukawa S, Satoh H, Yuasa M et al. (2012). A randomized controlled trial of a Functioning Improvement Tool home-visit program and its effect on cognitive function in older persons. <i>International Journal of Geriatric Psychiatry</i> , 27, 557-564. doi: 10.1002/gps.2753	Not measuring functional abilities
Zhou Y, Hu G, Wang D et al. (2010). Community based integrated intervention for prevention and management of chronic obstructive pulmonary disease (COPD) in Guangdong, China: Cluster randomised controlled trial. <i>British Medical Journal</i> , 34(7784). 1203. https://www.jstor.org/stable/20800648	Not measuring functional abilities
Lam LCW, Lee JSW, Chung JCC et al. (2009). A randomized controlled trial to examine the effectiveness of case management model for community dwelling older persons with mild dementia in Hong Kong. <i>International Journal of Geriatric Psychiatry</i> , 25, 395-402. doi: 10.1002/gps.2352	Not measuring functional abilities
Siu AMH, Chui DYY. (2004). Evaluation of a community rehabilitation service for people with rheumatoid arthritis. <i>Patient Education and Counselling</i> , 62-69. doi:10.1016/j.pec.2003.08.001	Not over 60 years
Hadas-Lidor N, Katz N, Tyano S, et al. (2001). Effectiveness of dynamic cognitive intervention in rehabilitation of clients with schizophrenia. <i>Clinical Rehabilitation</i> , 15, 349-359.	Not over 60 years
Rozenfeld E, Strinkovsky A, Finestone AS et al. (2021). Reliability of trigger point evaluation in the lower leg muscles. <i>Pain Medicine</i> , 22(10), 2283-2289. doi: 10.1093/pm/pnab148	Not over 60 years
Maki N, Sakamoto H, Takata Y et al. (2018). effect of respiratory rehabilitation for frail older patients with musculoskeletal disorders: a randomized controlled trial. <i>Journal of Rehabilitation Medicine</i> , 50, 908-913. doi: 10.2340/16501977-2490	The difference is not CBR
Park CM, Oh G, Lee H et al. (2021). Multicomponent Intervention and Long-Term Disability in Older Adults: A Nonrandomized Prospective Study. <i>The American Geriatrics Society</i> , 69, 669-677. doi: 10.1111/jgs.16926	Not delivered in CBR

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## Supplementary Table S3. Continued

Study	Reason for exclusion
Chan SY, Chen KM. (2016). Self-perceived health status and sleep quality of older adults living in community after elastic band exercises. <i>Journal of Clinical Nursing</i> , 26, 2064-2072, doi: 10.1111/jocn.13634	Not delivered in CBR
Hong J, Kim J, Kim SW et al. (2017). Effects of home-based tele-exercise on sarcopenia among community-dwelling elderly adults: Body composition and functional fitness. <i>Experimental Gerontology</i> , 87,33-39. doi: 10.1016/j.exger.2016.11.002	Not delivered in CBR
Yuri Y, Takabatake S, Nishikawa T et al. (2016). The effects of a life goal-setting technique in a preventive care program for frail community-dwelling older people: A cluster nonrandomized controlled trial. <i>BMC Geriatrics</i> , 16, 101. doi: 10.1186/s12877-016-0277-3	Not delivered in CBR
Kim H, Suzuki T, Saito K, et al. (2016). Long-term effects of exercise and amino acid supplementation on muscle mass, physical function and falls in community-dwelling elderly Japanese sarcopenic women: A 4-year follow-up study. <i>Geriatr Gerontol Int</i> , 16, 175-181. doi: 10.1111/ggi.12448	Not delivered in CBR
Ng TP, Feng L, Nyunt MSZ et al. (2015). Nutritional, Physical, Cognitive, and Combination Interventions and Frailty Reversal Among Older Adults: A Randomized Controlled Trial. <i>The American Journal of Medicine</i> 128, 1225-1236. doi: 10.1016/j.amjmed.2015.06.017	Not delivered in CBR
Chang MY, Lina CL, Wu TM et al. (2013). Eight Forms of Moving Meditation for Preventing Falls in Community-Dwelling Middle-Aged and Older Adults. <i>Forsch Komplementmed</i> , 20, 345-352. doi: 10.1159/000355842	Not delivered in CBR
Oh DH, Park JE, Lee ES et al. (2012). Intensive Exercise Reduces the Fear of Additional Falls in Elderly People: Findings from the Korea Falls Prevention Study. <i>The Korean Journal of Internal Medicine</i> , 27, 417-425. doi: 10.3904/kjim.2012.27.4.417	Not delivered in CBR
Arai T, Obuchi S, Inaba Y, et al. (2007). The effects of short-term exercise intervention on falls self-efficacy and the relationship between changes in physical function and falls self-efficacy in Japanese older people A randomized controlled trial. <i>American Journal of Physical Medicine &amp; Rehabilitation</i> , 86, 133-141. doi: 10.1097/PHM.0b013e31802ef29d	Not delivered in CBR
Sakamoto K, Nakamura T, Hagino H et al. (2006). Effects of unipedal standing balance exercise on the prevention of falls and hip fracture among clinically defined high-risk elderly individuals: A randomized controlled trial. <i>Journal of Orthopaedic Science</i> , 11,467-472. doi 10.1007/s00776-006-1057-2	Not delivered in CBR
Lin JH, Hsieh CL, Lo SK et al. (2004). Preliminary study of the effect of low-intensity home-based physical therapy in chronic stroke patients. <i>Kaohsiung Journal of Medical Science</i> , 20, 18-23.	Not delivered in CBR
Chu MML, Fong KNK, Lit AC et al. (2016). An Occupational Therapy Fall Reduction Home Visit Program for Community-Dwelling Older Adults in Hong Kong After an Emergency Department Visit for a Fall. <i>Journal Compilation, The American Geriatrics Society</i> , 65, 364-372. doi: 10.1111/jgs.14527	Not delivered in CBRs
Finnstam J, Grimby G, Nelson G. et al. (1988). Evaluation of community-based rehabilitation in Punjab, Pakistan: I: Use of the WHO manual, 'Training disabled people in the community'. <i>Disability Rehabilitation</i> , 10(2), 54-58. doi: 10.3109/09638288809164100	No control group
Chen KM, Snyder M, FAAN et al. (2002). Tai Chi and well-being of Taiwanese community dwelling elders. <i>Clinical Gerontologist</i> , 24, 3-4, 137-156. DOI: 10.1300/J018v24n03_12	No control group
Lord S, McPherson KM, McNaughton HK et al. (2008). How feasible is the attainment of community ambulation after stroke? A pilot randomized controlled trial to evaluate community-based physiotherapy in subacute stroke. <i>Clinical Rehabilitation</i> , 22, 2015-225. doi: 10.1177/0269215507081922	Not in Asian countries
Solomkina J, Zhao YP, Ma EL et al. (2009). Moxifloxacin is non-inferior to combination therapy with ceftriaxone plus metronidazole in patients with community-origin complicated intra-abdominal infections. <i>International Journal of Antimicrobial Agents</i> , 34, 439-445. doi:10.1016/j.ijantimicag.2009.06.022	Not delivered in CBRs
Moniruzzaman, Saha PC, Habib MM. (2015). Community based rehabilitation: Does it really improve the level of productivity among persons with physical disabilities? <i>Works</i> , 50, 395-401. doi: 10.3233/WOR-131795	No over 60
Kwan YH, Ong KY, Tay HY et al. (2016). Heart wellness programme: A pilot community-based cardiac rehabilitation programme in a multiethnic society. <i>Singapore Medical Journal</i> , 57(4), 188-190. doi: 10.11622/smedj.2016073	No control group
Ko HJ, and Youn CH. (2011). Effects of laughter therapy on depression, cognition and sleep among the community-dwelling elderly. <i>Geriatrics Gerontology International</i> , 11, 267-274. doi: 10.1111/j.1447-0594.2010.00680.x	No fitness ability assessment
Zhou W, He G, Gao J et al. (2012). The effects of group reminiscence therapy on depression, self-esteem, and affect balance of Chinese community-dwelling elderly. <i>Archives of Gerontology and Geriatrics</i> , 54, e440-e447. doi:10.1016/j.archger.2011.12.003	Not including exercise activities
Mézière A, Oubaya N, Michel-Pellegrino V et al. (2021). Exercise interventions with trained home helpers for preventing loss of autonomy and falls in community-dwelling older adults receiving home health physical therapy t4h: A randomized controlled pilot study. <i>Journal of Geriatric Physical Therapy</i> , 44(3), E138-E149. doi: 10.1519/JPT.0000000000000287	Not Asian countries
Shorey S, Kua EH, Tam W et al. (2021). "Where-there-is-no-psychiatrist integrated personal therapy" among community-dwelling older adults: A randomized pilot study, <i>International Journal of Environmental Research and Public Health</i> , 18, 9514. Doi: 10.3390/ijerph18189514	No fitness ability assessment
Zhao SZ, Wu YS, Chau SL et al. (2021). Mobile chat-based support plus nicotine replacement therapy sampling to promote smoking cessation for community smokers: A randomized controlled trial, <i>Tobacco Induced Diseases</i> , 19, 32. doi: 10.18332/tid/133373	Not over 60 years

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## Supplementary Table S3. Continued

Study	Reason for exclusion
Piva SR, Schneider MJ, Moore CG et al. (2019). Effectiveness of later-stage exercise programs vs usual medical care on physical function and activity after total knee Replacement: A Randomized Clinical Trial. <i>Physical Medicine and Rehabilitation</i> , 2(2). :e190018. doi:10.1001/jamanetworkopen.2019.0018	Not Asian countries
Bao H, Wang J, Zhou D et al. (2017). Community physician-guided long-term domiciliary oxygen therapy combined with conventional therapy in stage IV COPD patients. <i>Rehabilitation Nursing</i> , 42(5), 268–273. doi: 10.1002/rnj.233	Not measuring functional abilities
Schaller A, Exner AK, Schroerer S et al. (2017). Barriers to physical activity in low back pain patients following rehabilitation: A secondary analysis of a randomized controlled trial. <i>BioMed Research International</i> , 9. doi: 10.1155/2017/6925079	Not Asian countries
Clark F, Jackson J, Carlson M et al. (2012). Effectiveness of a lifestyle intervention in promoting the well-being of independently living older people: Results of the Well Elderly 2 Randomised Controlled Trial. <i>Journal of Epidemiology and Community Health</i> , 66, 782-790. doi:10.1136/jech.2009	Not Asian countries
Lipardo DS, Tsang WW. (2020). Effects of combined physical and cognitive training on fall prevention and risk reduction in older persons with mild cognitive impairment: a randomized controlled study. <i>Clinical Rehabilitation</i> , 34(6), 773-782. doi: 10.1177/0269215520918352	Not delivered in CBR
Zhu LY, Chan R, Kwok T et al. (2019). Effects of exercise and nutrition supplementation in community-dwelling older Chinese people with sarcopenia: a randomized controlled trial. <i>Age and Ageing</i> , 48, 220-228. doi: 10.1093/ageing/afy179	Not delivered in CBR
Hung-Ting Chena HT, Wub HJ. (2018). Effects of 8-week kettlebell training on body composition, muscle strength, pulmonary function, and chronic low-grade inflammation in elderly women with sarcopenia. <i>Experimental Gerontology</i> , 112, 112-118. doi:10.1016/j.exger.2018.09.015	Not delivered in CBR
Saraboon Y, Aree-Ue S, Maruo SJ. (2015). The effect of multifactorial intervention programs on health behavior and symptom control among community dwelling overweight older adults with knee osteoarthritis. <i>Orthopaedic Nursing</i> , 34(5). doi: 10.1097/NOR.0000000000000180.	Not delivered in CBR
Chen MS, Lin TC, Jiang BC. (2015). Aerobic and resistance exercise training program intervention for enhancing gait function in elderly and chronically ill Taiwanese patients. <i>Public Health</i> , 129(8), 1114- 1124. doi: 10.1016/j.puhe.2015.04.018	Not delivered in CBR
Lin SF, Sung HC, Li TL et al. (2015). The effects of Tai-Chi in conjunction with thera-band resistance exercise on functional fitness and muscle strength among community-based older people. <i>Journal of Clinical Nursing</i> , 24, 1357–1366, doi: 10.1111/jocn.12751	Not delivered in CBR
Yamada M, Higuchi T, Nishiguchi S et al. (2013). Multitarget stepping program in combination with a standardized multicomponent exercise program can prevent falls in community-dwelling older adults: a randomized, controlled trial. <i>The American Geriatrics Society</i> , 61, 1669–1675. doi: 10.1111/jgs.12453	Not delivered in CBR
Lee HC, Chang KC, Tsauo JY et al. (2013). Effects of a multifactorial fall prevention program on fall incidence and physical function in community-dwelling older adults with risk of falls. <i>Archives of Physical Medicine and Rehabilitation</i> , 94, 606-15. doi: 10.1016/j.apmr.2012.11.037	Not delivered in CBR
Kim HK, Suzuki T, Saito K et al. (2012). Effects of exercise and amino acid supplementation on body composition and physical function in community-dwelling elderly Japanese sarcopenic women: a randomized controlled trial. <i>The American Geriatrics Society</i> 60, 16–23. doi: 10.1111/j.1532-5415.2011.03776.x	Not delivered in CBR
Yamada M, Tanaka B, Nagai, K et al. (2011). Rhythmic stepping exercise under cognitive conditions improves fall risk factors in community dwelling older adults: Preliminary results of a cluster-randomized controlled trial. <i>Aging &amp; Mental Health</i> , 5(5), 647–653. doi: 10.1080/13607863.2010.551341	The only difference is not CBR
Sohng KY, Moon JS, Song HH et al. (2003). Fall prevention exercise program for fall risk factor reduction of the community-dwelling elderly in Korea. <i>Yonsei Medical Journal</i> , 44(5), 883-891. doi: 10.3349/ymj.2003.44.5.883	Not delivered in CBR
Guan L, Xiang Y, Ma X et al. (2016). Qualities of life of patients with psychotic disorders and their family caregivers: comparison between hospitalised and community-based treatment in Beijing, China. <i>PLoS One</i> , 11(11), e0166811. doi: 10.1371/journal.pone.0166811	Not measuring functional abilities
Wang L, Chen CM, Liao WC et al. (2013). Evaluating a community-based stroke nursing education and rehabilitation programme for patients with mild stroke. <i>International Journal of Nursing Practice</i> , 19(3), 249-256. doi:10.1111/ijn.12064	Not measuring functional abilities
Koh GCH, Saxena SK, Ng TP et al. (2012). Effect of duration, participation rate, and supervision during community rehabilitation on functional outcomes in the first poststroke year in Singapore. <i>Archives of Physical Medicine and Rehabilitation</i> , 93(2), 279-286. doi: 10.1016/j.apmr.2011.08.017	No control groups
Baba Y, Ooyama C, Tazawa Y et al. (2021). Effects of Adachi Rehabilitation Programme on older adults under long-term care: a multi-centre controlled trial. <i>PLoS One</i> . 16(2), e0245646. doi: 10.1371/journal.pone.0245646.	Not in the CBR centre
Huang TT, Liu CB, Tsai YH et al. (2015). Physical fitness exercise versus cognitive behavior therapy on reducing the depressive symptoms among community-dwelling elderly adults: a randomized controlled trial. <i>International Journal of Nursing Studies</i> , 52(10), 1542-52. doi: 10.1016/j.ijnurstu.2015.05.013	Not in the CBR centre
Lü J, Sun M, Liang L et al. (2015). Effects of momentum-based dumbbell training on cognitive function in older adults with mild cognitive impairment: a pilot randomized controlled trial. <i>Clinical Interventions in Aging</i> , 11:9-16. doi: 10.2147/CIA.S96042	Not in the CBR centre
Lee IFK, Yau FN, Yim SSH et al. (2018). Evaluating the impact of a home-based rehabilitation service on older people and their caregivers: a matched-control quasi-experimental study. <i>Clinical Interventions in Aging</i> , 13:1727-1737. doi: 10.2147/CIA.S172871.	Not CBR

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## Supplementary Table S3. Continued

Study	Reason for exclusion
Chan SY, Chen CF. (2020). Effects of an Active Music Therapy Program on Functional Fitness in Community Older Adults. <i>The Journal of Nursing Research</i> , 28(5), e111. doi: 10.1097/JNR.0000000000000391	Not CBR
Konishi I, Tanabe N, Seki N et al. (2019). Physiotherapy program through home visits for community-dwelling elderly Japanese women with mild knee pain. <i>The Tohoku Journal of Experimental Medicine</i> , 19(2), 91-9. doi: 10.1620/tjem.219.91.	Not CBR
Deng A, Zhang Y, Xiong R. (2021). Effects of a transitional care program for individuals with limbs disabilities living in a rural community: A randomized controlled trial. <i>Disability and Health Journal</i> , 14(1), doi: 10.1016/j.dhjo.2020.100946	Not ageing population
Yu JJ, Hu YS, Wu Y et al. (2009). The effects of community-based rehabilitation on stroke patients in China: a single-blind, randomized controlled multicentre trial. <i>Clinical Rehabilitation</i> , 23 408–417. doi: 10.1177/026921550809187	Not ageing population
Maerit T, Beit-Yosef A, Wechsler T et al. (2021). The Feasibility and Efficacy of an Israeli Lifestyle Redesign®-Based Program for Well Older Adults: A Pilot Study. <i>OTJR (Thorofare NJ)</i> . 41(1):47-55. doi: 10.1177/1539449220928141.	Not physical fitness outcomes
Hasegawa R, Islam MM, Nasu E et al. (2010). Effects of combined balance and resistance exercise on reducing knee pain in community-dwelling older adults. <i>Physical &amp; Occupational Therapy in Geriatrics</i> , 28(1), 44-56. doi:10.3109/02703180903381086	Not CBR
Xiaoling X. (2019). Effect of early rehabilitation training on elderly patients with cerebral infarction and hemiplegia. <i>A collection of contemporary medical essays</i> , 17(02):264-265. Available at: <a href="https://kns.cnki.net/kcms/detail/detail.aspx?dbcode=CJFD&amp;dbname=CJFDLAST2019&amp;filename=QYWA201902196&amp;uniplatform=NZKPT&amp;v=FI_hifA9Vg39wUh3mZkqWdsA8SNJIYcDpEJbmwe1FFJE6Sp8W6MqXqv_yt8Tqh3">https://kns.cnki.net/kcms/detail/detail.aspx?dbcode=CJFD&amp;dbname=CJFDLAST2019&amp;filename=QYWA201902196&amp;uniplatform=NZKPT&amp;v=FI_hifA9Vg39wUh3mZkqWdsA8SNJIYcDpEJbmwe1FFJE6Sp8W6MqXqv_yt8Tqh3</a>	No CBR
Ying Z, Yuping W. (2019) Effect of trunk control rehabilitation training on trunk control ability in elderly patients with stroke. <i>A collection of contemporary medical essays</i> , 17(13):2. Available at: <a href="https://kns.cnki.net/kcms/detail/detail.aspx?dbcode=CJFD&amp;dbname=CJFDLAST2019&amp;filename=QYWA201913194&amp;uniplatform=NZKPT&amp;v=FI_hifA9Vg3qWxEpM43s9stzPJ-P9ae3ZmZ4rtlqmwjs0kCxlMkiqYkir22AX-cY">https://kns.cnki.net/kcms/detail/detail.aspx?dbcode=CJFD&amp;dbname=CJFDLAST2019&amp;filename=QYWA201913194&amp;uniplatform=NZKPT&amp;v=FI_hifA9Vg3qWxEpM43s9stzPJ-P9ae3ZmZ4rtlqmwjs0kCxlMkiqYkir22AX-cY</a>	The only difference between groups is not CBR
Bihua C, Qing L, Danma J et al. (2021). Study on the intervention effect of family transitional exercise intervention combined with community cardiac rehabilitation pathway on 6min walking test and muscle strength of upper and lower limbs in elderly patients with cardiovascular disease. <i>Chinese Medicine and Clinic</i> , 21(6), 3. Available at: <a href="https://d.wanfangdata.com.cn/periodical/zgywylc202106051">https://d.wanfangdata.com.cn/periodical/zgywylc202106051</a>	No CBR
Yanhua L. (2021). The effect of family rehabilitation combined with community nursing on elderly patients with cerebral infarction convalescence. <i>A Guide to Family Life</i> (07), 178-179. Available at: <a href="https://kns.cnki.net/kcms/detail/detail.aspx?dbcode=CJFD&amp;dbname=CJFDLASN2021&amp;filename=JTSZ202107088&amp;uniplatform=NZKPT&amp;v=1yHNUlufISFG0ePmz6jePfkRmL910n-Q5ybXKrY48LiXwn6bfnFFk-96qOCQ_M">https://kns.cnki.net/kcms/detail/detail.aspx?dbcode=CJFD&amp;dbname=CJFDLASN2021&amp;filename=JTSZ202107088&amp;uniplatform=NZKPT&amp;v=1yHNUlufISFG0ePmz6jePfkRmL910n-Q5ybXKrY48LiXwn6bfnFFk-96qOCQ_M</a>	The only difference between groups is not CBR
Yu B. (2020). The effect of rehabilitation on the ability of daily living in community elderly patients after stroke. <i>Health Care Guidelines</i> 2020 (11), 25-26. Available at: <a href="http://med.wanfangdata.com.cn/Paper/Detail/PeriodicalPaper_ysbjzn-x202011021">http://med.wanfangdata.com.cn/Paper/Detail/PeriodicalPaper_ysbjzn-x202011021</a>	No physical fitness outcomes
Pan G, Huang X. (2016). Application of community nursing and rehabilitation guidance in elderly patients with COPD. <i>Journal of Qiqihar Medical College</i> (10), 3. Available at: <a href="http://www.cnki.com.cn/Article/CJFDTotal-QQHB201610044.htm">http://www.cnki.com.cn/Article/CJFDTotal-QQHB201610044.htm</a>	Not CBR
Yu Y. (2019). Clinical effectiveness of community rehabilitation nursing pathway for elderly patients with hemiplegia caused by cerebral infarction. <i>Rural Health in China</i> (20), 2. Available at: <a href="https://wenku.baidu.com/view/1ffe4c0a7a563c1ec-5da50e2524de518964bd317?fr=xueshu">https://wenku.baidu.com/view/1ffe4c0a7a563c1ec-5da50e2524de518964bd317?fr=xueshu</a>	Not CBR
Tan Q. (2019). Clinical effect of community rehabilitation nursing pathway for elderly patients with hemiplegia caused by cerebral infarction. <i>Chinese Community Physicians</i> , 35(15), 2. Available at: <a href="https://wenku.baidu.com/view/4e6c1f4259fb770b-f78a6529647d27284b7337d8?fr=xueshu">https://wenku.baidu.com/view/4e6c1f4259fb770b-f78a6529647d27284b7337d8?fr=xueshu</a>	No physical fitness outcomes
Chen W, Lin D, Lu W. (2020). Application of functional gait training in community realistic environment in elderly patients during post-stroke rehabilitation. <i>Nursing and Rehabilitation</i> , 19(5), 4. Available at: <a href="http://qikan.cqvip.com/Qikan/Article/Detail?id=7101782547">http://qikan.cqvip.com/Qikan/Article/Detail?id=7101782547</a>	No physical fitness outcomes
Wang Y. (2015). Study on the effect of community comprehensive rehabilitation nursing pathway in elderly patients with hemiplegia caused by cerebral infarction. <i>Electronic Journal of Cardiovascular Diseases of Integrated Traditional and Western Medicine</i> , 3(35), 2. Available at: <a href="http://www.cnki.com.cn/Article/CJFDTotalZXJH201535008.htm">http://www.cnki.com.cn/Article/CJFDTotalZXJH201535008.htm</a>	No physical fitness outcomes
Chunxu D, Haixia C. (2016). Study on the application effect of community comprehensive rehabilitation nursing pathway in elderly patients with hemiplegia caused by cerebral infarction. <i>Abstracts of World Latest Medical Information</i> (87), 2. Available at: <a href="https://wenku.baidu.com/view/0455f2b3d1d233d4b14e852458fb770bf78a3bad?fr=xueshu">https://wenku.baidu.com/view/0455f2b3d1d233d4b14e852458fb770bf78a3bad?fr=xueshu</a>	No physical fitness outcomes
Liuying L, Cheng L, Xiaohua L et al. (2016). Application of exercise rehabilitation in community elderly patients with cardiovascular disease. <i>Modern Hospital</i> , 16(5), 3. Available at: <a href="https://wenku.baidu.com/view/3d09be39b94cf7ec4afe04a1b0717fd-5370cb269?fr=xueshu">https://wenku.baidu.com/view/3d09be39b94cf7ec4afe04a1b0717fd-5370cb269?fr=xueshu</a>	No control group
Chen TC, Wu SC, Zhong ZT et al. (2022). Effect of different patterns of home- and community-based services in Taiwan on the changes in physical function. <i>Health &amp; Social Care in the Community</i> , 30(6), e6532-e6542. doi: 10.1111/hsc.14100.	Difference is not CBR
Mori H, Tokuda Y. (2022). De-Training Effects Following Leucine-Enriched Whey Protein Supplementation and Resistance Training in Older Adults with Sarcopenia: A Randomized Controlled Trial with 24 Weeks of Follow-Up. <i>Journal of Nutrition, Health, and Aging</i> . 26(11), 994-1002. doi: 10.1007/s12603-022-1853-1.	Difference is not CBR

(Continued to the next page)

## Supplementary Table S3. Continued

Study	Reason for exclusion
Li PWC, Yu DSF, Siu PM et al. (2022). Peer-supported exercise intervention for persons with mild cognitive impairment: a waitlist randomised controlled trial (the BRAin Vitality Enhancement trial). <i>Age and Ageing</i> . 51(10), afac213. doi: 10.1093/ageing/afac213.	No physical fitness
Dejvajara D, Aungkasuraphan R, Palee P et al. (2022). Effects of Home-Based Nine-Square Step Exercises for Fall Prevention in Thai Community-Dwelling Older Adults during a COVID-19 Lockdown: A Pilot Randomized Controlled Study. <i>International Journal of Environmental Research and Public Health</i> . 19(17), 10514. doi: 10.3390/ijerph191710514.	Not CBR
Baba Y, Ooyama C, Tazawa Y et al. (2021). Effects of Adachi Rehabilitation Programme on older adults under long-term care: A multi-centre controlled trial. <i>PLoS One</i> . 12;16(2), e0245646. doi: 10.1371/journal.pone.0245646.	No CBR
Park CM, Oh G, Lee H et al. (2021). Multicomponent Intervention and Long-Term Disability in Older Adults: A Nonrandomized Prospective Study. <i>Journal of the American Geriatrics Society</i> . 69(3), 669-677. doi: 10.1111/jgs.16926.	No control group
Huang CH, Umegaki H, Makino T et al. (2021). Effect of Various Exercises on Intrinsic Capacity in Older Adults With Subjective Cognitive Concerns. <i>Journal of the American Medical Directors Association</i> . 22(4), 780-786.e2. doi: 10.1016/j.jamda.2020.06.048.	No CBR
Asano M, Tai BC, Yeo FY et al. (2021). Home-based tele-rehabilitation presents comparable positive impact on self-reported functional outcomes as usual care: The Singapore Tele-technology Aided Rehabilitation in Stroke (STARS) randomised controlled trial. <i>Journal of Telemedicine and Telecare</i> . 27(4), 231-238. doi: 10.1177/1357633X19868905.	Not old
Yang JL, Ou YH, Liu SY et al. (2021). Exploring the Effectiveness of PAC Rehabilitation for Elders with Hip Surgery: A Retrospective Study. <i>Therapeutics and Clinical Risk Management</i> . 17, 641-648. doi: 10.2147/TCRM.S317218.	Cohort study
Sooriyakanthan M, Orme MW, Sivapalan K et al. (2022). A feasibility trial of pulmonary rehabilitation for patients with COPD in a low resource setting: Jaffna, Sri Lanka. <i>BMC Pulmonary Medicine</i> . 22, 302. https://doi.org/10.1186/s12890-022-02092-x	No CBR
Kim J, Kang S, Hong H et al. (2022). A Non-Randomized Combined Program of Walking and Low-Load Resistance Exercise Improves Cognitive Function and Cardiometabolic Risk Factors in Community-Dwelling Elderly Women. <i>Healthcare (Basel)</i> . 10(10), 2106. doi: 10.3390/healthcare10102106.	Not CBR
Wan M, Xia R, Lin H et al. (2022). Baduanjin exercise modulates the hippocampal subregion structure in community-dwelling older adults with cognitive frailty. <i>Frontiers in Aging Neuroscience</i> . 14, 956273. doi: 10.3389/fnagi.2022.956273.	Difference is not CBR
Yamamoto T, Hikichi H, Kondo K et al. (2022). Community intervention programs prolong the onset of functional disability among older Japanese. <i>Geriatrics and gerontology international</i> , 22(6), 465-470. doi: 10.1111/ggi.14385.	Cohort
Yun S, Takashima R, Yoshida K et al. (2021). Differences of expected intervention effects between participant-led and facilitator-led preventive care services in Japan. <i>Hong Kong Journal of Occupational Therapy: HKJOT</i> . 34(2), 83-93. doi: 10.1177/15691861211022986.	Difference is not CBR
Takeda H, Takatori K. (2022). The effect of a buddy-style intervention on physical activity in community-dwelling older adults with disabilities: A 24-week follow-up of a randomized controlled trial. <i>Clinical Rehabilitation</i> . 36(12), 1590-1600. doi: 10.1177/02692155221111924.	Not CBR
Kuo CC, Shyu HJ, Park D et al. (2022). Effects of a Physically Active Lifestyle Modification (PALM) Program for Independent Taiwanese Older Adults: A Mixed-Methods Pilot Study. <i>Topics in Geriatric Rehabilitation</i> . 38(2), p 149-157. doi:10.1097/TGR.0000000000000356	Not old
Wang Z, Xu X, Gao S et al. (2022). Effects of Internet-Based Nutrition and Exercise Interventions on the Prevention and Treatment of Sarcopenia in the Elderly. <i>Nutrients</i> . 14(12), 2458. doi: 10.3390/nu14122458.	Not CBR
Liu T, Chan AWK, Chair SY. (2022). Group- plus home-based Tai Chi program improves functional health among patients with coronary heart disease: a randomized controlled trial. <i>European Journal of Cardiovascular Nursing</i> . 21(6), 597-611. doi: 10.1093/eurjcn/zvab126.	Not old
Lee SY, Goh A, Tan K et al. (2021). Effectiveness of a community-delivered pneumatic machine resistance training programme (Gym Tonic) for older adults at neighbourhood senior centres - a randomized controlled trial. <i>European Review of Aging and Physical Activity</i> . 18, 21. doi: 10.1186/s11556-021-00273-x	Not CBR
Cho SJ. (2021). A Self-Efficacy Reinforcement Stretching Exercise Program for Community-Dwelling Older Women With Osteoarthritis: A Pilot Study. <i>Rehabilitation Nursing</i> . 46(1), 11-23. doi: 10.1097/RNJ.0000000000000290.	No CBR

CBR, community-based rehabilitation.