Impact of geriatric assessment and self-management support on community-dwelling older adults with chronic illnesses.

PURPOSE: The purpose of this study was to assess the effectiveness of interdisciplinary geriatric home-based assessment and self-management support services to community-dwelling older adults. DESIGN: A quasi-experimental, pre-post test design tested two types of service delivery models. The first protocol included geriatric assessment services, with a brief self-management care plan intervention. The second protocol added a telephone support intervention. RESULTS: All participants showed significant progress in improved self-efficacy, self-rated health, functional status and physical mobility (specifically lower extremity muscle strength), mental health (specifically reduced depression) and in reduced fall hazards in their physical home environment. The telephone support intervention protocol did not provide additional value to the first protocol. IMPLICATIONS: This study demonstrates the value of non-medical intervention strategies for community dwelling older adults with chronic illnesses.