

Community-Based Care Interventions for Managing Frailty Among Older Adults: A Scoping Review

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ABSTRACT

In an aging global population, frailty emerges as a prevalent condition among older adults, characterized by decreased strength and resilience, leading to higher health risks. This scoping review examines the effectiveness of community-based care interventions in managing frailty, aiming to consolidate current research and identify future directions. Through a systematic analysis of studies from databases including PUBMED and Scopus databases, covering January 2019 to January 2024, the review explores diverse interventions, including physical, nutritional, and social support therapies. Preliminary findings suggest these strategies hold promise in frailty management yet highlight the need for standardized research methodologies due to variability in intervention designs and frailty definitions. The review underscores the significance of community-based care in improving the quality of life for frail older adults, advocating for focused research to develop evidence-based guidelines for such interventions, thereby informing healthcare policy and practice towards reducing healthcare burdens.

Keywords: Community-based care; frailty; older adults; a scoping review