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Summary:

Frail older adults are at an increased risk for negative health outcomes. One of the major costs of caring for frail older adults is the cost of institutionalization. Aging in place can serve as a cost effective alternative as it aims to prolong the patient's independent living status. It allows patients to remain functionally independent in a familiar environment and maintain their normal social networks; which results in an overall increase in quality of life. The purpose of this literature review was to evaluate the value of home health physical therapy services for community dwelling older adults living with frailty. A literature search was conducted in four databases yielded two articles within the search limits and terms. One article included baseline characteristics of an RCT study, which found inverse relationships between frailty and health-related quality of life (HRQoL) as well as frailty and FIM scores. The second article outlined a home-based physical therapy protocol that included strength, flexibility, balance exercises, and functional training. There is very little current research on cost related and patient experience outcomes as components of the value of home health physical therapy for older adults living with frailty. The lack of evidence found in this literature review indicates the need for research regarding the value of home health physical therapy services for individuals living with frailty.