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Citation for published version:

Ho, L, Malden, S, Mcgill, K, Shimonovich, M, Frost, H, Aujla, N, Ho, I, Shenkin, SD, Hanratty, B, Mercer, SW & Guthrie, B 2023, 'Complex interventions for improving independent living and quality of life amongst community-dwelling older adults: a systematic review and meta-analysis', *Age and Ageing*, vol. 52, no. 7, afad132. <https://doi.org/10.1093/ageing/afad132>

Digital Object Identifier (DOI):

[10.1093/ageing/afad132](https://doi.org/10.1093/ageing/afad132)

Link:

[Link to publication record in Edinburgh Research Explorer](#)

Document Version:

Peer reviewed version

Published In:

Age and Ageing

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Complex interventions for improving independent living and quality of life among community-dwelling older adults: a systematic review and meta-analysis

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Declaration of Conflicts of Interest: None

Declaration of Sources of Funding: The study was funded by Legal and General PLC (as part of their Corporate Social Responsibility programme, providing a research grant to establish the independent Advanced Care Research Centre at the University of Edinburgh). The funder had no role in conduct of the study, interpretation, or the decision to submit for publication.