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Title

Functional status of the oldest-old: The 90+Study

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FUNCTIONAL STATUS OF THE OLDEST-OLD: THE 90+ STUDY.
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Purpose:To describe the level of function in Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs) in those aged 90 and over, the fastest growing segment of the population.Methods:Subjects in The 90+ Study, a population-based study, were rated on ADLs, IADLs, and the Dementia Severity Rating Scale (DSRS) by informants.Six ADLs (transfer, eat, bath, dress, toileting, and continence) and 10 IADLs (bills, finances, shop, games, make coffee, prepare meals, current events, understand television, remember appointments, travel) were scored from 0 (independent) to 3 (dependent).Summation ADL scores from 0 (independent) to 18 (dependent) and IADL scores from 0 (independent) to 30 (dependent) were calculated.Memory scores from the DSRS were rated 0 (normal) to 3 (severe loss).We used non-parametric ANOVA to test differences in median scores by gender, age, memory score, and living situation.Results:The sample of 530 was 77% women, average age 94 (range=90-106), and 71% post-high school education. The distribution of IADL scores was bimodal with peaks at 0 (20%) and 30 (11%).The distribution of ADL scores had only one peak at 0 (25%).ADL and IADL scores were significantly related to all variables examined.Conclusion:In addition to age, memory, and living situation, gender appears to be strongly related to functional status.Furthermore, the bimodal distribution of the IADL scores suggests 2 distinct levels of ability.Additional research is needed to further understand the shape and determinants of the functional abilities distributions in the oldest-old.

Variable	Category	N	IADL Median	IADL IQR	IADL p-value	ADL Median	ADL IQR	ADL p-value
Gender	Men	122	8	0-20	0.004	3	0-9	0.015
	Women	408	16	3.5-27		5.5	1-11	
Age	90-92	155	8	0-21	<0.001	2	0-7	<0.001
	93-95	188	11	0.5-25.5		4	0-11	
	96+	188	20	9-28		8	3.5-13	
Memory	0	83	0	0-10	<0.001	0	0-4	<0.001
	.5	269	8	1-18		3	0-7	
	1	67	23	17-27		8	5-12	
	2	29	28	23-29		11	5-15	
	3	73	30	29-30		15	11-18	
Living Situation	Alone or Spouse	211	2	0-9	<0.001	1	0-4	<0.001
	Relatives or Caregiver	93	17	10-25		8	4-11	
	Facility	223	24	15-29		10	4-15	

IQR=Interquartile range; p-value for non-parametric ANOVA