

Supplementary Table S1. Degree of independent daily living for disabled older adults

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| Rank J | Although the patient has some disability, they are independent in their daily life and can go out on their own. |
| | 1. The patients can go out by using public transportation. |
| | 2. The patient can go out in the neighborhood. |
| Rank A | The patients can live almost independently at home, but they cannot go out without caregiver. |
| | 1. The patient goes out with assistance and mostly stays away from the bed during the daytime. |
| | 2. The patient seldom goes out, and they remain sleeping or waking up during the daytime. |
| Rank B | The patient requires some care at home and mainly stays on the bed during the daytime. |
| | 1. The patient can transfer to the wheelchair and eat and excrete away from the bed. |
| | 2. The patient can transfers to the wheelchair with assistance. |
| Rank C | The patient is bedridden and requires assistance with excretion, eating, and dressing. |
| | 1. The patient can roll over. |
| | 2. The patient cannot roll over. |

Ministry of Health, Labor and Welfare. Textbook for expert investigators concerning a certification of needed long-term care, revised edition; Ministry of Health, Labour and Welfare: Tokyo, Japan, 2009. Available online: <https://www.mhlw.go.jp/file/06-Seisakujouhou-12300000-Roukenkyoku/0000077237.pdf>. [in Japanese] (Accessed on 23 March 2019).

Supplementary Table S2. Degree of independent daily living for older adults with dementia

| Rank | Criteria | Examples of observed symptoms or behaviors |
|------|---|--|
| 0 | Independent | |
| I | The patient has some dementia, but can live almost fully independently at home and in society. | |
| II | Although the patient has some symptoms or behaviors disturbing their daily living, they can live independently by with the attention and support of others. | |
| IIa | The condition in II is also observed outside the home. | Frequently gets lost on the streets or makes noticeable mistakes in matters that the person was previously able to handle, such as shopping, clerical work, or financial management. |
| IIb | The condition in II is also observed at home. | Being unable to manage own medication regimen or stay alone at home because of the inability to respond to a call or visitor. |
| III | The patient has symptoms or behaviors that disturb daily living and require care. | |
| IIIa | The conditions in III is mainly present during the daytime. | Has difficulty or takes extra time for dressing, eating, defecating, or urinating; puts objects into their mouth, picks up and collects objects, is incontinent, makes loud and incoherent screams, carelessly handles fire, engages in unhygienic acts or inappropriate sexual acts, etc. |
| IIIb | The conditions in III is mainly present during the nighttime. | Same as rank IIIa. |
| IV | The patient frequently has symptoms or behaviors that disturb their daily living, and they always require care. | Same as rank III. |
| M | The patient has severe mental symptoms, behavioral, and psychological symptoms of dementia, or severe physical disease, and therefore requires special treatment. | Has continued mental symptoms including delirium, delusions, and agitation and its associated problematic behaviors, such as self-mutilation or harm to others. |

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