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| Supplementary Table 1. Seven sublevels of competence proposed by Lawton(3) and corresponding indicators of competence |
| Sublevels of competence | Indicators |
| 1. Life maintenance
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| 1. Functional health
 | Frailty tests(21, 22) |
| 1. Perception and cognition
 | Memory function tests(23) |
| 1. Physical self-maintenance
 | Katz index(4) |
| 1. Instrumental self-maintenance
 | The Lawton IADL scale(5), TMIG-IC(6) |
| 1. Effectance
 | TMIG-IC(6) |
| 1. Social role
 | TMIG-IC(6) |

ADL, Activities of daily living

IADL, Instrumental activities of daily living

TMIG-IC, Tokyo Metropolitan Institute of Gerontology Index of Competence

