

- Assess and understand what matters including individual values, priorities, goals and care preferences, and social context
- Provide care in line with What matters to the person

What Matters

Enable people to be and do what they value



indigo 4Ms

age-friendly health care

- Assess and screen and for high-risk medications
- Conduct regular medication reviews to de-prescribe and adjust
- Reconcile all medicines at all transitions in points of care and a health change

Review medications regularly

Medications



Mobility

Improve mobility and strength



- Assess and screen locomotor capacity
- Provide and implement an individualised mobility and exercise plan
- Create social and physical environments that enables mobility
- Develop and support community mobility and exercise groups

Mental Wellbeing

Engage in meaningful activities



- Assess hydration, nutrition, sleep, vision, hearing, incontinence, social connections, carer/kinship wellbeing, cognitive decline and depression
- Ensure good hydration, nutrition and sleep
- Ensure personal adaptive equipment for hearing and vision
- Prevent or limit the impact of incontinence
- Maintain and build social connections
- Offer carers training and support
- Prevent and manage depression and cognitive decline