

Innovative Models of Care (IMOC) Program - Improve comprehensive care planning for older people across four multi-disciplinary areas of health care

Beechworth Health Service will deliver the Improve comprehensive care planning for older people across four multi-disciplinary areas of health care tool: What matters, medications, mobility, and mental health (4Ms).

Round 3: Beechworth Health Service Comprehensive care for older Australians

Location: north-east Victoria (MM5)

Funding: \$1.3 million over 4 years from June 2023

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The activity implements the co-designed Indigo 4Ms tool in five rural health services across north-east Victoria. This will improve comprehensive care planning for older people by incorporating four multi-disciplinary areas of health care (what Matters, Medications, Mobility and Mental health). The trial is being administered by a consortium led by Beechworth Health Service, comprising La Trobe University, Alpine Health, Corryong Health, Gateway Health, and Tallangatta Health Service.

Primary health care clinicians are implementing the 4Ms tool in care planning with older people who receive their services. The rural health service trial sites are distinguished by multi-disciplinary teams. These diverse sites comprise a range of allied health workers including allied health clinicians, pharmacists, home care workers, general practitioners, community nurses, diabetes educators, mental health workers, and personal trainers.

The Indigo 4Ms tool will guide health practitioner interactions with older people with the aim of:

- Identifying goals and preferences for current and future health care
- Targeting prevention of functional decline and frailty through early risk screening and integrated actions on the common conditions of ageing linking health and community-based services
- Enhancing multi-disciplinary care by providing a shared language, early referral and supporting team members to work to their full scope of practice.

The Indigo 4Ms tool was developed through five years of intensive co-design with older people, community organisations, local primary care and hospital-based health and aged care staff, and education providers across the region. First, the USA 4Ms was combined with WHO Integrated Care of Older People (ICOPE) guidelines and adapted to rural Australian conditions. This led to the development of the Indigo 4Ms Framework. Next, the Indigo 4Ms tool and implementation plan were co-designed based on the Indigo 4Ms Framework to guide use of the Framework.

La Trobe University is undertaking an effectiveness and implementation evaluation. The outcomes include an understanding of:

- Organisational and contextual factors that promote sustainability
- Reach of the intervention
- Effectiveness of the intervention in:
 - Facilitating actions associated with integrated, multi-disciplinary comprehensive care planning
 - Improving health workforce experience
 - Providing economic value when compared with usual care
- Implementation fidelity and usefulness of strategies associated with the adoption of the tool, adaptations to the tool, and the economic costs and benefits of implementation
- Maintenance in practice and diffusion of the tool post-trial.

Trial activities commenced June 2023.

For more information: [indigo 4Ms age-friendly health care](#)