



Health Workers' Tool

Before an appointment

- Should anyone else be included in this session
- What current background information do you have



What Matters

- Do you know what is important to this Person right now
- Do you know this person's goals and priorities
- Have you discussed an advanced care plan



Medication

- Have you got an up-to-date medication list
- Is this person taking any other medications or supplements
- Are all medications required
- Are you confident this person understands what they are taking, and why
- Do you know how this person manages their medications
- When was the last medication review and by whom
- Has there been a change in this person's health and/or personal circumstances since the review



Mobility

- What daily activities is this person doing
- Is there anything this person wants to do but can't
- Have you noticed any difficulty with moving
- Have you considered a simple mobility assessment
- Does this person require further assessment and review of their home and social environment



Mental Wellbeing

- Has this person had any unintentional weight loss or poor appetite recently
- Has this person had a vision and hearing check in the last twelve months
- Does this person have any incontinence issues
- Does this person have regular social contact
- Do you know this person's housing and financial arrangements
- Is there a risk of elder abuse
- Does this person have any concerns about their concentration, memory or thinking
- Has this person recently been feeling depressed or anxious

Plan and Communicate

- Have you developed or updated this person's comprehensive care plan based on all the information you now have
- Have the priorities been set by this person
- Does the plan include doable actions to develop and maintain their physical and mental capacity
- Is the plan written clearly, in plain language, with clear next steps and accountability
- Have you given this person a written copy
- Does this person know what to do next
- How will you record and share the plan with others in this person's health team
- Are referrals needed and to whom
- When and who will review the plan