



Q.I. RECIPE

Healthy Ageing

Why improve this area?

In NSW 2007 the estimated cost of health care associated with medically treated fall injuries in older people was \$558.5 million.

In South Eastern NSW, 18% of the resident population is over 65 years of age which is higher than the NSW (15.5%) and Australian (14.7%) averages. These figures are projected to more than double by 2056.

For those nationally 65 and over;

- Only 51% were fully vaccinated (2015)
- 40% required assistance with at least one activity of daily living (2015).
- 20% were socially isolated (2016)
- 365,000 were living with dementia (2017)
- 98,700 were hospitalised due to a fall (2013).

Australian Institute of Health and Welfare

QI ideas

1. Data cleansing to identify target population.
2. Collect benchmark data and set goals for treating target patients.
3. Prepare service delivery model, establish team roles and monitor progress.
4. Schedule staff training and regular team meetings to discuss progress.
5. Create networks with Allied Health, Specialists and community services.
6. Implement and review patient recall processes.
7. Advanced Care Directives
8. Upload Shared Health Summaries to My Health Record.
9. Proactive management may include health assessments and prevention strategies that target dementia, falls, immunisation status, continence, oral health, hearing and vision.

MBS items

- [Health Assessment for Older Persons \(75+\)](#) (701, 703, 705, 707)
- [Comprehensive Medical Assessment for RACF Residents](#) (701, 703, 705, 707)
- [Aboriginal Torres Strait Islander Health Check \(55+\)](#) (715)
- [Multidisciplinary case conferences](#) (731 – 758)
- [Medication management reviews](#) (900, 903)
- [Immunisation](#) (10993-10970)
- [GPMP & TCA](#) (721, 723, 729)

Clinical and QI Resources

COORDINARE Resources:

- [Data Quality](#)
- [Quality Improvement](#)

Health Pathways:

- [Illawarra Shoalhaven](#)
- [ACT & Southern NSW](#)

RACGP:

- [The Green Book](#)
- [The Red Book](#)
- [The Silver Book](#)
- [SNAP](#)

Screening tools:

- [GP Assessment of Cognition](#)
- [CVD Absolute Risk Calculator](#)
- [Activities of Daily Living](#)
- [Continence](#)
- [Falls](#)

Helpful websites:

- [Head to Health](#)
- [My Aged Care](#)

Pro Forma Templates:

- [Older Persons \(75+\)](#)
- [CMA for RACF Residents](#)

