

# Multimorbidity: Health & Social Care of Older People

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Healthy Aging is.....

Developing

&

Maintaining

**Functional Ability**

**that**

**Enables Well-being in Older Age.**

# Actions Needed.....

1. Attitude
2. Foster the Abilities of Older People
3. Deliver Person-centred, Integrated Care and Primary Health Services
4. Access to long-term care

.....**ALL FOUR ARE  
INTERCONNECTED**

# Focus on the Most Vulnerable

- Go by.....>>>>>>>

**Sustainable Development Goals(SDG)**

**No one left Behind!!!**

# Re-Imagining Health/Social Care for Elderly:

## Identify Care-needs of Older People!

- Knowledge Gap is REAL
- Population Aging: **Rapid & Unprecedented !**
- Health & Social Care : Re-invent it self !!
- **LEARN ...as we SERVE !!**
- **Implementation Science : IMPORTANT !!**

**“ From Principles to Practice”**

**“From Knowledge to Understanding”**

**ACCEPT the COMPLEXITY in  
Implementation !**

**“Identify Barriers and  
Facilitators”**



**“ Health Care & Social Care ”**

**“Evidence-Informed Care ”**

**“No Health/Social Care Without  
Research”**

# Connecting Services to People in Need

**Senior Care:  
Build MANY layers of care**

# Multi-morbidity

- **Two or more chronic conditions**
  - 65% of people over 65 years affected
  - People with Dementia: good example
  - **Multi-morbidity predicts Poor Outcome**
  - **Predicts >>>**
- >>>Poor Quality of Service Responses!!**

# Multi-morbidity

**We need to challenge:**

**SINGLE-DISEASE framework**

with which most health care,  
research & medical education  
is configured ,  
even in this century!

# Multi-morbidity

- Provide Person centered, need based service !
- **Health care is NO SUPER MARKET !!**
- Do not expect the patient to fit into any one service and then get what is on offer !
- If you do not fit in .....then no one will take you in or accept you as their client !
- **We see this in trauma care !! Eg**

# Frailty

# Frailty

We need to learn more...

Research shall focus.....

Reversal of disability.....

# The Way Forward .....

- **Provide Evidence Informed Care @Home / @ Primary care**
- **Recognize Multimorbidity if present**
- **Recognize & Strengthen Informal Care**
- **Support Outreach Services**
- **Link Social Care & Health Care**

# The Way Forward .....

- **Ensure Stakeholder Participation**
- **Empower Older People**
- **Provide “Space” ....**
- **Design “User Friendly” Infrastructure**
  - **Roads/Footpaths/Pavements**
- **Allow Seniors to Contribute to Economic Development**



Thank you...  
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