



a contribution to the  
**Decade  
of healthy  
ageing**

The Indigo 4Ms tool is intended for older people living in rural or regional communities who wish to discover a new way of considering their health and wellbeing, and their conversations with their health team

# The Indigo 4Ms tool for Older People



# Older Persons' Tool

## Before an appointment

- What does a good day look like for me
- In an average day, what brings me happiness
- What are some of the things that matter most to me
- What are some of the things I want to do in my life
- How confident am I that I can solve problems I might face
- What do I want from my health care
- Do I have an advanced care plan
- Have I got a list of the things I do to stay healthy and well, including my medications
- Have I written down any questions I want answered
- I will have someone with me if that's helpful to me



## What Matters

- What is my biggest concern today
- Has this stopped me from doing the things I want to do



## Medication

- What medicines do I take and why
- Am I reluctant to take any medicines
- When were my medicines last reviewed
- Has there been any changes in my life since that review



## Mobility

- Do I have any trouble doing things around the house, garden, or neighbourhood
- Do I have people or aids to support me
- What do I do for exercise



## Mental Wellbeing

- Have I lost weight or not felt like eating
- Have I had my vision and hearing tested this year
- Have I had any problems with my bladder or bowel (wee or poo)
- Is there anything or anyone that gets in my way of being who I want to be
- Do I speak with people regularly
- Are there any clubs or activities I am interested in being part of
- Am I worried about my concentration, memory or thinking
- Have I been feeling down or out of sorts lately, or not wanting to get out of bed

## At the end of this session

- Have I got an updated, or written, legible list of actions to help me live well
- Do I know what to do next
- Do I know what my health provider is going to do next, and by when
- Do I know how to get information or help

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## What is it?

The tool is a series of questions or prompts that can guide older people to make a personalised plan that, when put into practice, can help maintain or improve their everyday health and wellbeing.

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## When is it used?

Using the tool in meetings with their health team can also enable older people to be better equipped to participate fully in conversations with the healthcare team.

## How was the resource developed?

In 2021, Beechworth Health Service received funding from the Commonwealth Government through the Primary care Rural Integrated Multidisciplinary Models (PRIMM) grant round.

Seven health services in the Upper Hume region collaborated to codesign a care model using the Indigo 4Ms framework: Albury Wodonga Aboriginal Health Service, Albury Wodonga Health, Beechworth Health, Corryong Health, Gateway Health, Tallangatta Health, and Yackandandah Health. The John Richards Centre for Rural Ageing Research at La Trobe University undertook a comprehensive monitoring and evaluation of the project.

Thirty-two people from across northeast of Victoria came together for five half-day workshops, half of which were older people. The codesign team developed two Indigo 4Ms tools, one for older people and one for health and social care workers.