



**USC** University of  
Southern California

# **Healthy Aging Series: Tips on How to Be Part of Your Own Healthcare Team**

August 1, 2022

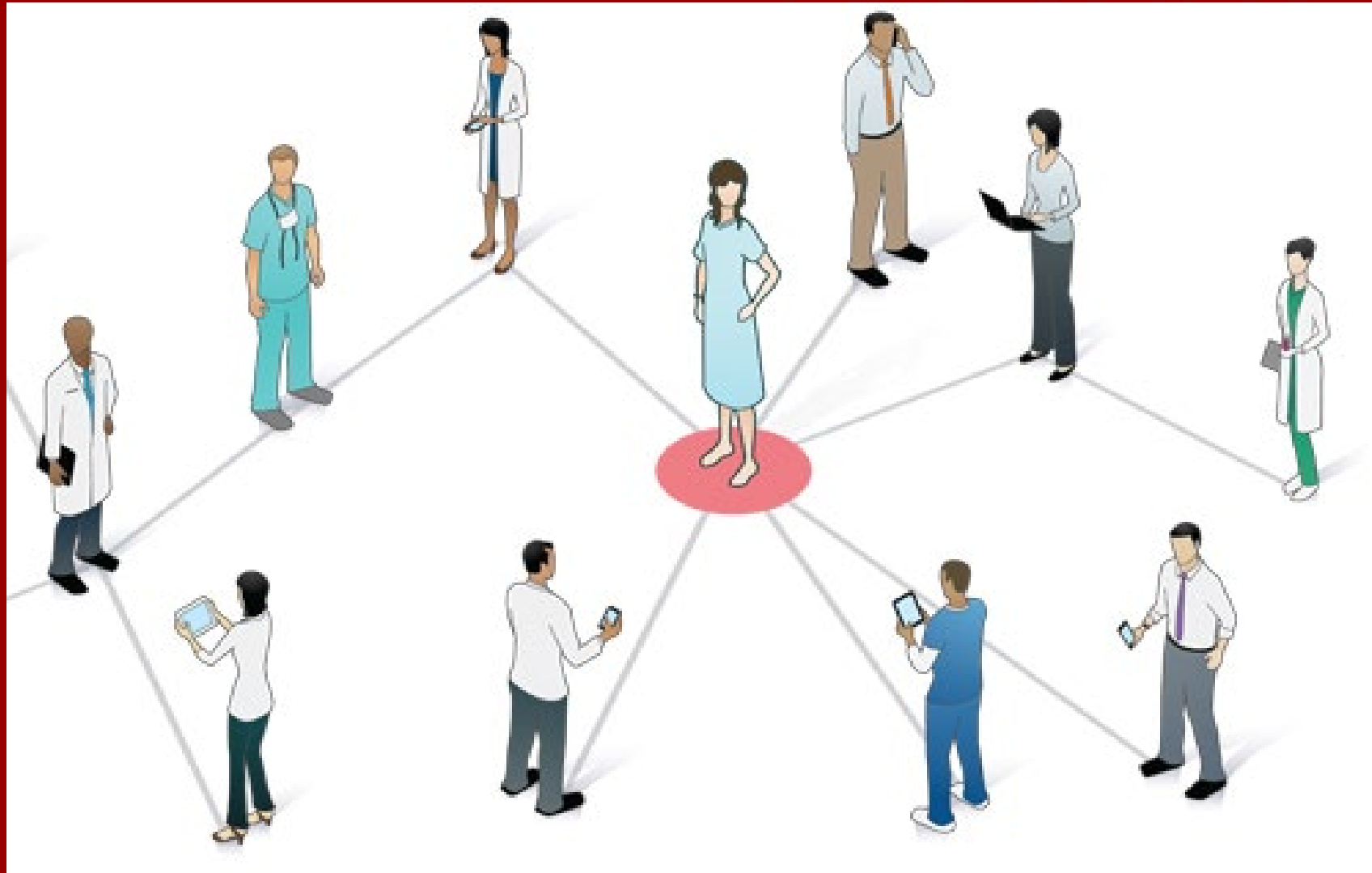
# USC Emeriti Center Healthy Aging Series

“Living healthy and purposeful lives...”

“Multigenerational, multidisciplinary, multicultural”



# Being part of the healthcare team



# Health Care As We Age: What Matters???

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Dept of Family Medicine & Geriatrics

# Importance of Primary Care

“aka a shameless plug”



Longitudinal relationship- know each other through changes



More likely to ask about your overall values and preferences



Ongoing comprehensive care and preventative care that can identify issues early



More-likely to practice coordinated team-based care



Help to consolidate fragmented care



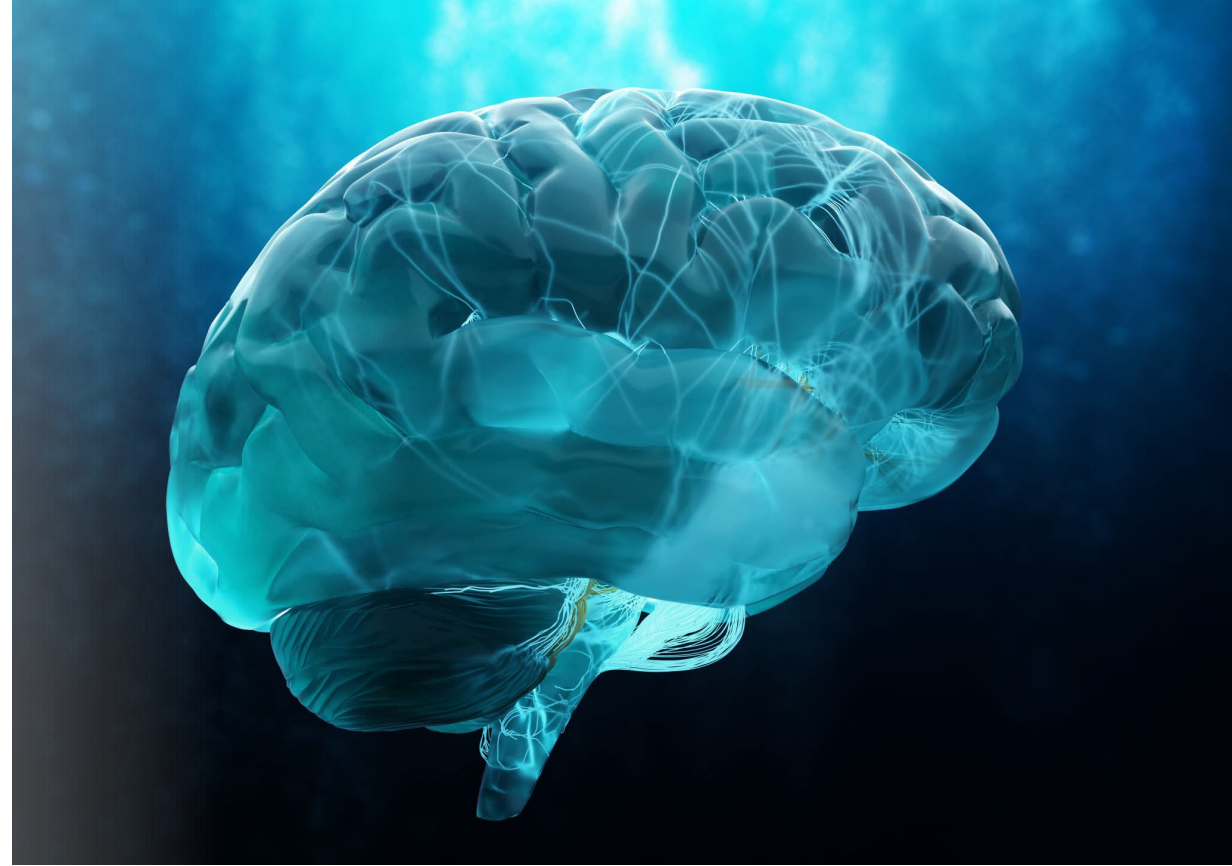
Be your first touch with a new health issue & identify most useful referral, if needed

# Aging- the *good* news...

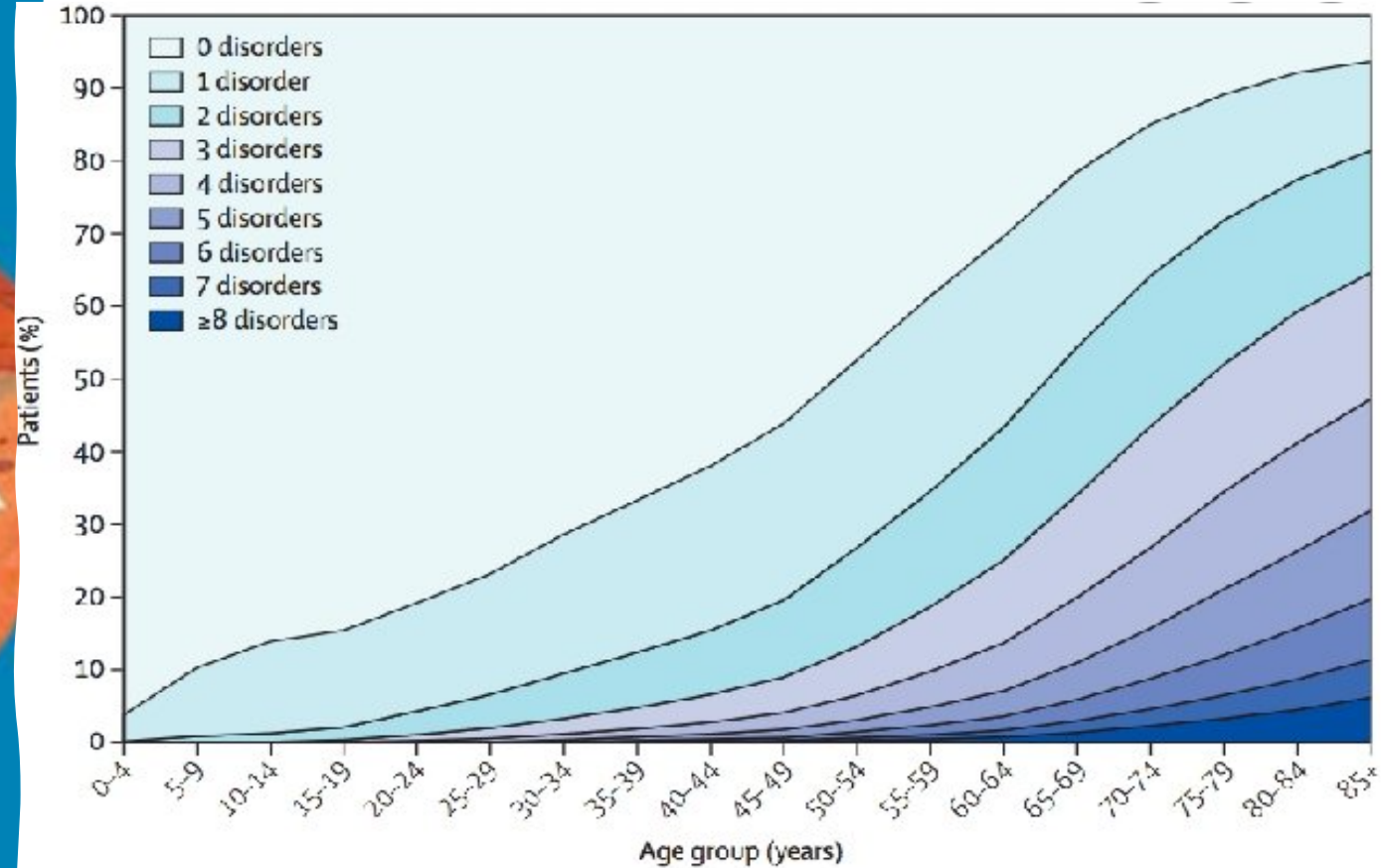
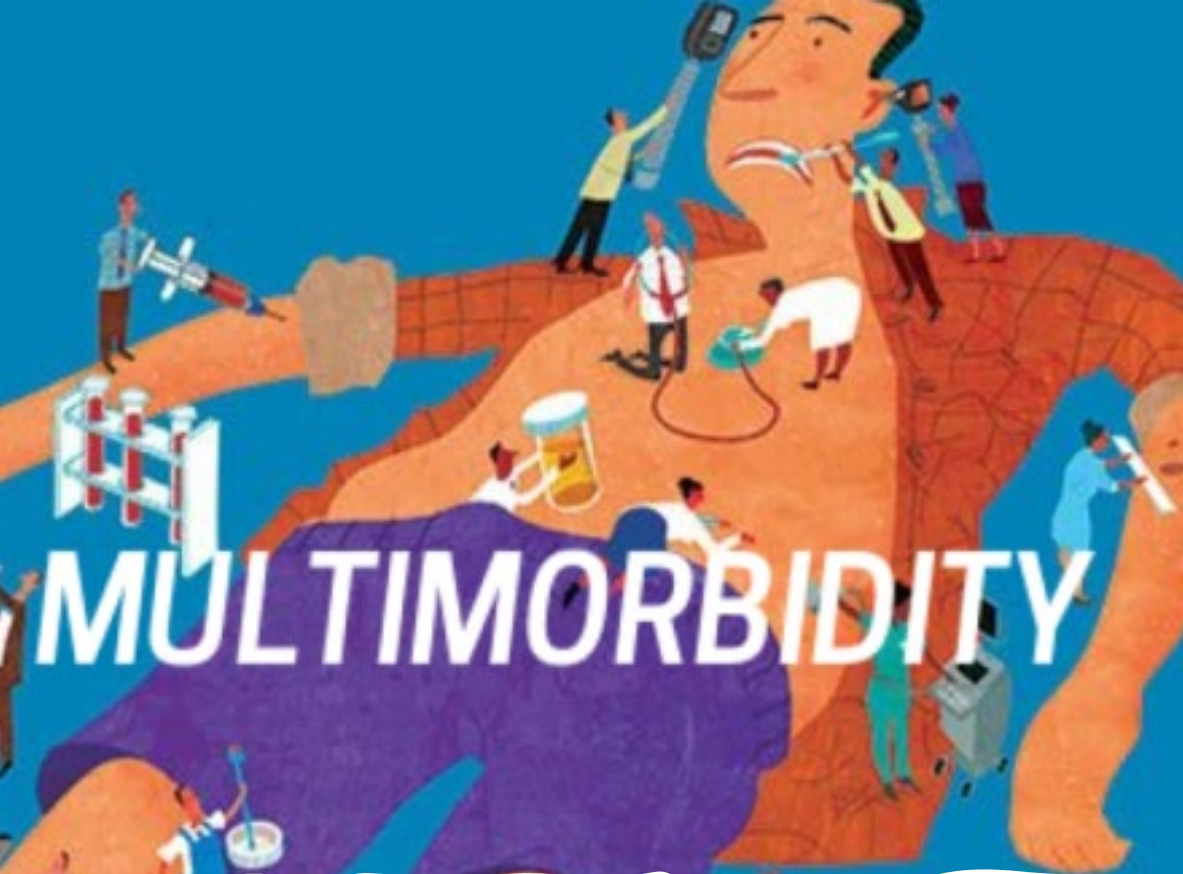
Our brains continually re-sculpt based in response to experience and learning which means with aging comes

*Developmental Intelligence* aka “**Wisdom**” with increased potential for:

- more creativity
- more innovation
- more emotional intelligence
- more ability to adapt to changing conditions





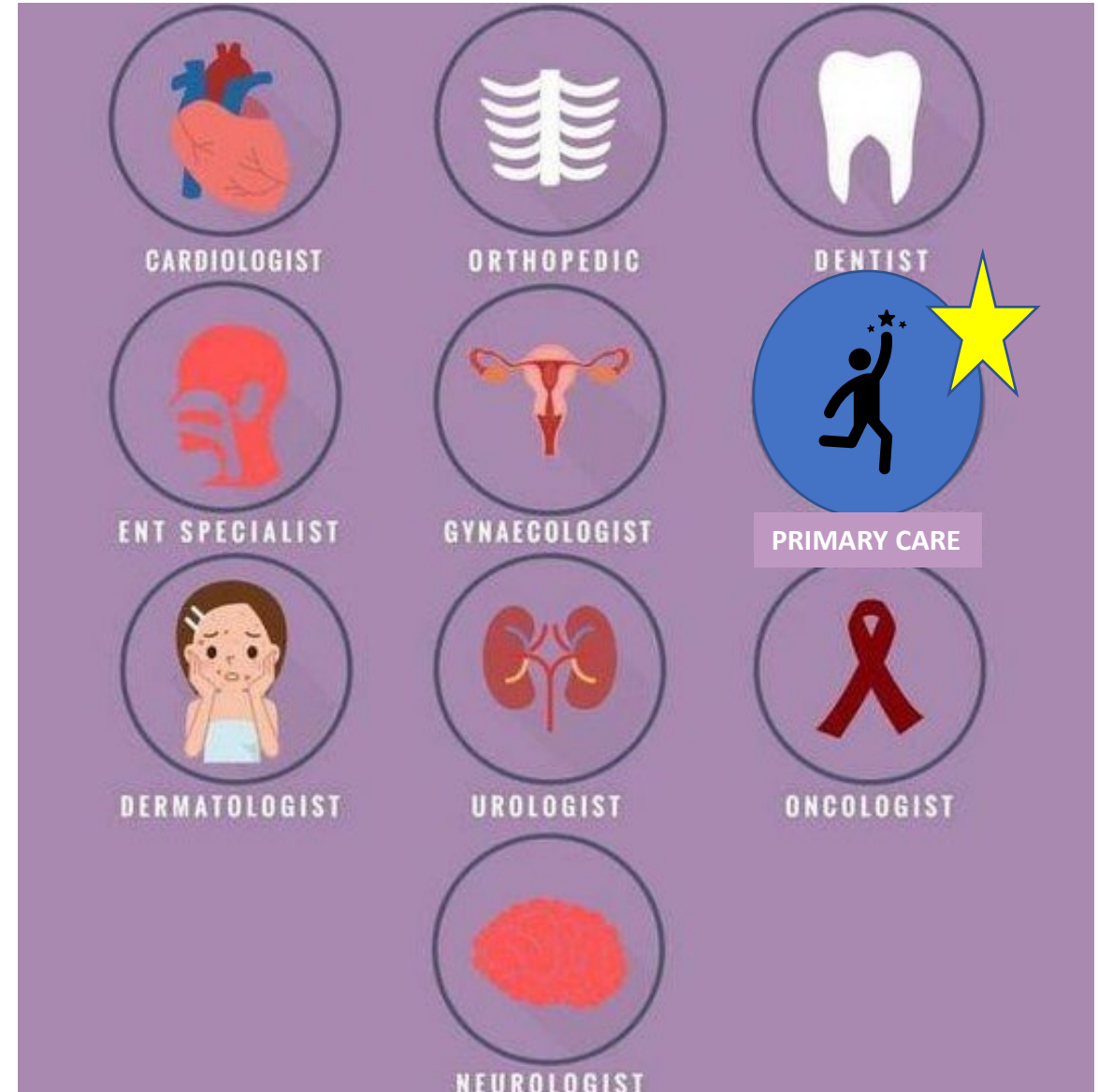


Aging

*The bad news....*

# The challenge

- Multiple chronic health conditions
  - Several providers
  - Care that may be burdensome & may not address what matters most to you.
- Sometimes “miss the forest for the trees”
- Need for different approaches to health care for people with complex health issues



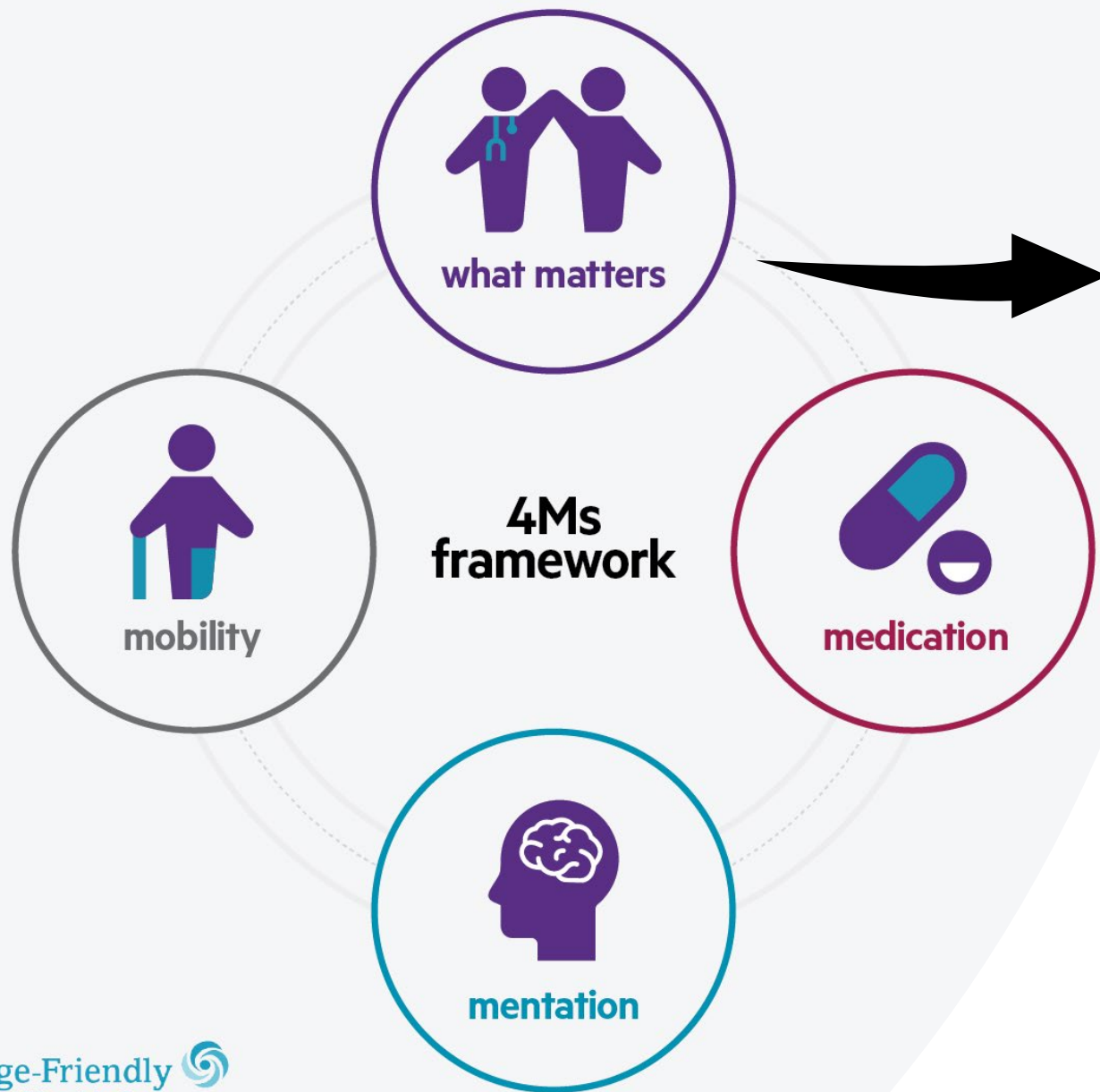




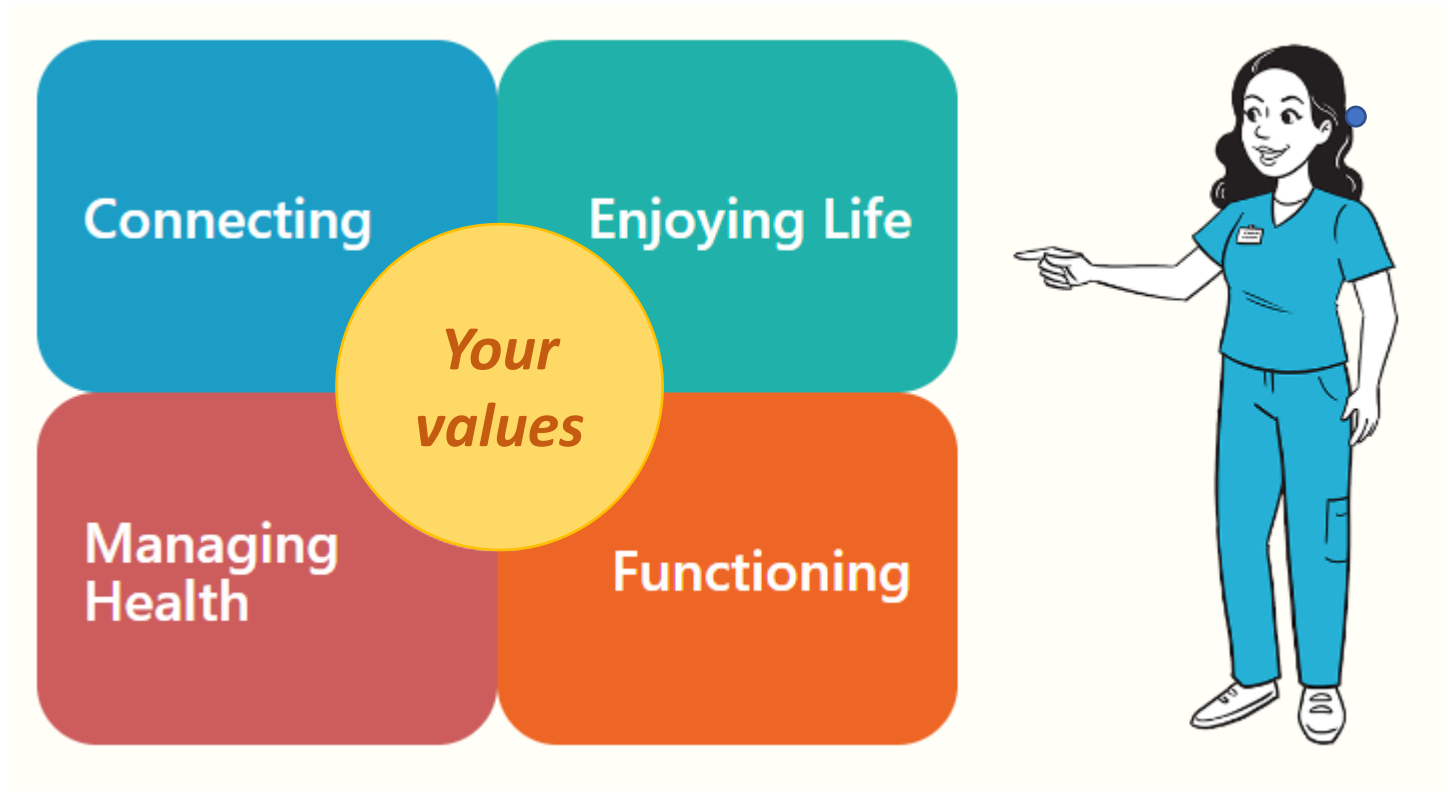
# Age-Friendly Healthcare aka The 4 Ms

Huh???






# Identify What Matters Most to You



<https://myhealthpriorities.org/>

# Four Important Life Areas



## Connecting

**Family and Friends:** Meaningful connections with others, such as family members, friends, or romantic partners.

**Community:** Helping others; giving and receiving support.

**Spirituality:** Involvement in spiritual or religious activities.

## Managing Health

**Health and Symptoms:** Ensuring best possible health; managing discomfort and symptoms.

**Quality of Life:** Balancing the desire for maintaining how you feel today with the desire to live as long as possible.

## Enjoying Life

**Productivity:** Doing things at home, work or in the community; contributing.

**Personal Growth/Learning:** Learning and developing as a person.

**Recreation:** Enjoyable activities, hobbies.

## Functioning

**Dignity:** Feeling respected and worthy.

**Independence:** Managing self-care needs; living and moving independently and safely.

<https://myhealthpriorities.org/>





## What Matters Most to YOU

Select **up to four items** from the list below. If you think of something that isn't listed, select 'other' and type it into the box at the bottom.

- |  |  |
|--|--|
| <input type="checkbox"/> Doing activities with family and friends                            | <input checked="" type="checkbox"/> Walking or moving inside and outside of my home                                    |
| <input checked="" type="checkbox"/> Taking care of family and friends and/or pets in my life | <input checked="" type="checkbox"/> Comfort and function are more important than living longer                         |
| <input type="checkbox"/> Activities that support my religious or spiritual life              | <input type="checkbox"/> Living as long as possible even if I am unable to do the things that are most important to me |
| <input type="checkbox"/> Doing productive work (e.g. a job or volunteering)                  | <input type="checkbox"/> Living as long as possible, even if that means more treatments, pain, or discomfort           |
| <input type="checkbox"/> Eating food I enjoy   | <input type="checkbox"/> Reducing the amount of time I devote to health care   |
| <input type="checkbox"/> Taking care of myself   | <input type="checkbox"/> Avoiding spending time in the hospital  |
| <input checked="" type="checkbox"/> Living at home   | <input type="checkbox"/> Other   |
| <input type="checkbox"/> Taking care of my home  |  |

<https://myhealthpriorities.org/>

*Then identify 1 that matters the most to you right now...*

A photograph of two men gardening in a park. One man, wearing a light blue shirt and dark pants, is using a black tool to trim a bush. The other man, wearing a white shirt and dark pants, is holding a small plant. The background shows a green lawn and trees.

## What Matters to you can lead to specific health goals

- Values: Enjoying life and hobbies
- What Matters Most: Walking, moving in and outside my home
- Health Goal: Working in my garden 2-3 times a week



# Review Your Health Symptoms & Problems

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- Are there any symptoms or health problems that are interfering with you're your health goal?
  - Values: Enjoying life and hobbies
  - What Matters Most: Walking moving in and outside my home
  - Health Goal: Working in my garden a 2-3 times a week

## **Interfering symptoms:**

- Dizziness
- Feeling unsteady, trouble balancing
- Afraid of falling

# Knowing what matters changes your medical interactions

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Focuses the clinical interaction on YOU instead of the data & problem list:

- Looking at medical issues through lens of function/quality of life
  - Shared decision-making (options for changes in medical intervention along with life-style changes)
    - Explore different approaches & consider trade offs
    - e.g., looser blood pressure control/glucose control, using medical equipment, getting someone to join you, wearing a medi-alert\*
  - Increase team-based care to help achieve goal
    - Occupational & Physical Therapies, Gero-pharmacy, Social Work, Psychology, Care Managers, Community Resources, Care Partners....
- Clear goals contribute to better integrated care (PCP, Endocrinology, Cardiology, Ortho....)

# Age-Friendly Health Care

Prioritizes what  
matters to you

Focuses on function  
and quality of life  
(medication,  
mentation, mobility)

Facilitates optimal  
aging



# Optimal Aging:

*The capacity to function across many domains (physical, functional, cognitive, emotional, social, and spiritual) to your satisfaction and with your medical conditions.*





# Take home message:

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## ***Before your next medical appointment....***

- Think about the what matters to you
- Develop related health goals
- Identify health problems/symptoms that interfere with your goal

## ***During your appointment...***

- Discuss health goal & barriers with your PCP & specialists
- Actively participate in developing a plan that measures success based on achievement of your goal
- Schedule follow up

# Tools

- My Priorities Website- online tool to help identify your health priorities
  - <https://myhealthpriorities.org/>
- Tips for Talking About What Matters Most with your Primary Care Provider
  - [https://patientprioritiescare.org/wp-content/uploads/2021/09/Pt-Tips\\_Talk-with-your-healthcare-team\\_9-28-21.pdf](https://patientprioritiescare.org/wp-content/uploads/2021/09/Pt-Tips_Talk-with-your-healthcare-team_9-28-21.pdf)
- 5 Ways to Get the Most out of Your Doctor's Visit
  - <https://www.nia.nih.gov/health/five-ways-get-most-out-your-doctors-visit#prioritize>

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*How to be part of your own healthcare team...*

# Tips from an Occupational Therapist

**Ashley Halle, OTD, OTR/L, CAPS**

Associate Professor of Clinical Occupational Therapy

Coordinator of Primary Care Residency & Services

USC Mrs. T. H. Chan Division of Occupational Science &  
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A photograph of three colorful finches perched on a thin, light-colored branch. The finches have vibrant plumage with purple chests, yellow bellies, and green wings. Their heads are decorated with various colors: red, orange, and black. The background is a soft-focus green, suggesting foliage. The text "HOW TO HAVE A 'GOOD' CONVERSATION" is overlaid in the lower half of the image.

# HOW TO HAVE A “GOOD” CONVERSATION



# How to have a “good” conversation

Identify your **VALUES** and what **MATTERS**

|  |   |
|--|---|
| <b>PERSONAL VALUES</b><br><b>Card Sort</b><br>W.R. Miller, J. C'de Baca, D.B. Matthews, P.L. Wilbourne<br>University of New Mexico, 2001 | <b>IMPORTANT TO ME</b>  |
| <b>VERY IMPORTANT TO ME</b>  | <b>NOT IMPORTANT TO ME</b>  |
| <b>ACCEPTANCE</b><br>to be accepted as I am<br>1 9/01  | <b>ACCURACY</b><br>to be accurate in my opinions and beliefs<br>2 9/01      |
| <b>ACHIEVEMENT</b><br>to have important accomplishments<br>3 9/01  | <b>ADVENTURE</b><br>to have new and exciting experiences<br>4 9/01          |
| <b>ATTRACTIVENESS</b><br>to be physically attractive<br>5 9/01   | <b>AUTHORITY</b><br>to be in charge of and responsible for others<br>6 9/01 |



BEFORE

# How to have a “good” conversation

- Make a list in advance
  - Have a living document where you can keep all your concerns
  - Talk with a family member or trusted friend in advance
  - Consider input other healthcare team members
  - Make sure you take it with you!
  - **PRIORITIZE** your list



BEFORE

# How to have a “good” conversation

- Take notes
- Bring a friend, care partner or loved one
- Negotiate the agenda – start with PRIORITIES
- Ask questions

*Remember your relationship with your PCP should be long-term. Ask for more meetings if needed*



DURING





# WHAT TO TALK ABOUT?

# What to talk about?



**Physical,  
mental &  
cognitive  
health**



**Medications  
and  
treatments**



**Life changes  
and  
transitions**



A stone arch bridge with multiple spans crosses a calm river. The bridge features a decorative balustrade along its top. Lush green trees line the banks, and their reflections are visible in the water. The sky is blue with some clouds.

# TOUGH (BUT IMPORTANT) TOPICS

# **Tough (but important) topics**



**Abuse,  
Trauma &  
Gaslighting**



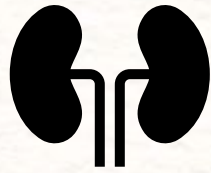
**Driving  
Retirement**



**End of Life**



# **Tough (but important) topics**



**Incontinence**



**Sexuality  
& Intimacy**



**Cognitive  
Changes**



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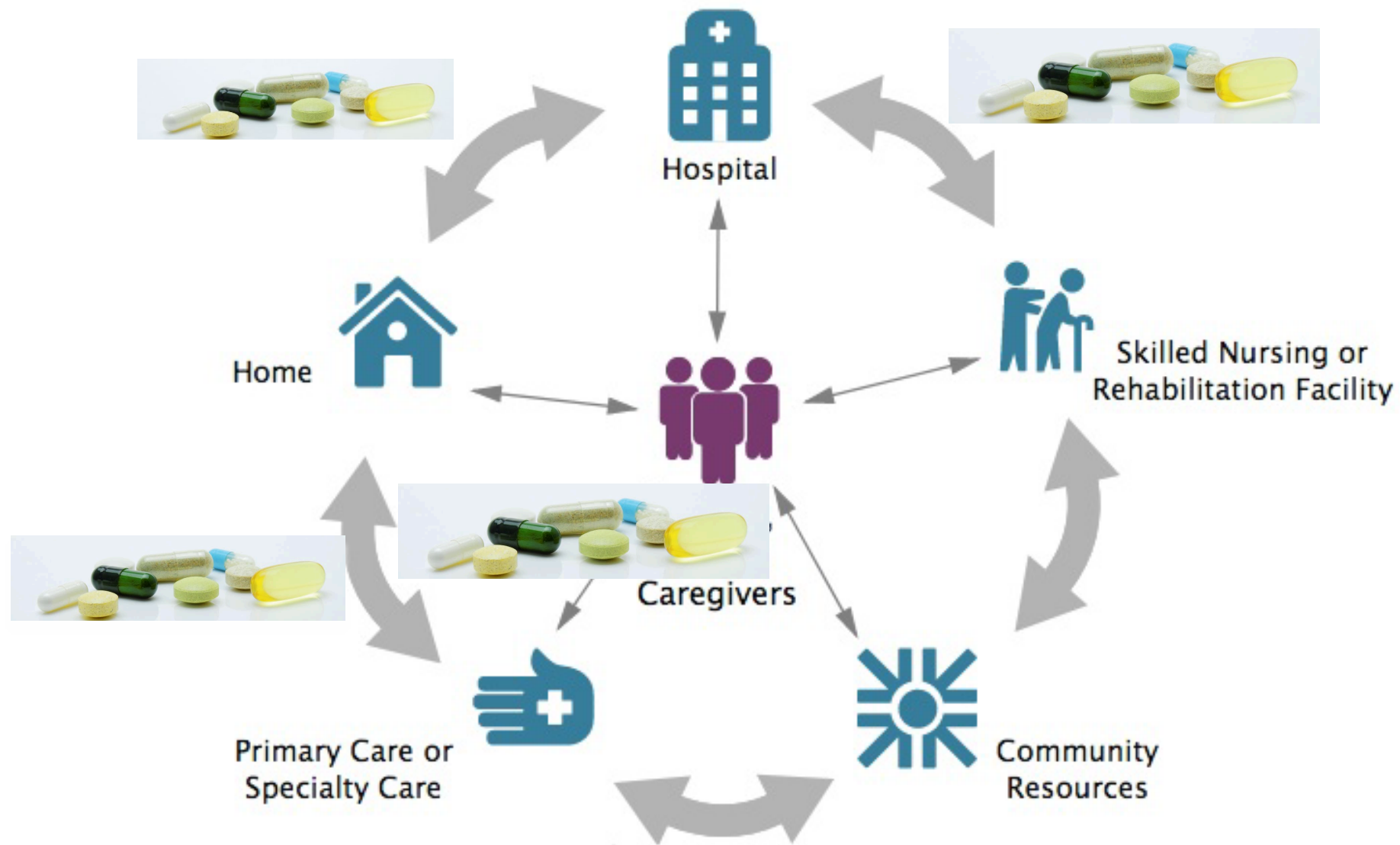
# Tips from a Pharmacist

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Assistant Professor of Clinical Pharmacy

USC School of Pharmacy





## Let's talk about my medications...

- Discuss any recent medical provider appointments, ER visits, or hospitalizations
- Bring a medication list (or medications) to your appointment
  - Medication Name
  - Strength
  - Directions/Frequency
  - Prescribing doctor
  - Allergies
  - Notes: side effects, date discontinued, **dose changes**, etc.
- Always include over-the-counter (OTC), vitamins, supplements, and herbs
- Be honest about how you take your medications

[illegible]

