

The Primary Health Care Integrated Geriatric Services Initiative (PHC IGSI, pronounced fig-see) is work underway in Alberta to support older Albertans living with cognitive impairments, and/or complex care needs and their carers who live in the community. The aim of PHC IGSI is to connect people living with dementia to age and live well.

This initiative is led by two Alberta Health Services [Strategic Clinical Networks](#) (SCNs) – the Seniors Health SCN and the Primary Health Integration Network. These two SCNs support point-of-care teams from seven communities to increase capacity within a primary health care model to provide timely, accessible and ongoing support for those living in the community with mild cognitive impairment, dementia, frailty or other geriatric syndromes.

PHC IGSI and the participating teams work have incorporated the Geriatric 5Ms© framework into their practice in the following ways:

- At the provincial level (Macro):
 - o As a framework to share with participating teams to assist them in planning care and support for those living in their communities. These teams include membership from health and social sectors, as well as community partners and members of the public.
 - o To structure the second of four learning workshops.
- At the community level (Meso):
 - o Community teams are using the 5Ms© to frame conversations with local partners from health and social sectors, and members of the public about what “Matters Most” to people living with dementia and their carers, in order that their local communities can develop new primary health care supports. This includes understanding what unmet needs there may be in the community, planning for how to work together to meet the need, and to identify educational needs that may support achieving those plans.
 - o Use of the 5Ms© in combination with the notion of an integrated health system align to support teams in understanding that planning care for those living in the community necessitates a broad, inclusive primary health care approach.
- At the individual level (Micro):
 - o Teams have built the 5Ms© Framework into their clinic electronic medical record. The elements of the 5Ms© help guide providers during clinic visits.
 - o One team has incorporated the elements of the 5Ms© into a care and support plan that is co-designed with members of the primary clinic team, and the individual patient and or their family. Focusing on the “Matters Most” section offers guidance into what next steps are for the individual and/or their care partners. A copy of this care and support plan is given to the individual and their family to share with other providers or services they are accessing.

For more information on the PHC IGSI work and to access presentations and videos from learning workshops, please go to the [PHC IGSI website](#). If you would like to learn more from the teams participating in PHC IGSI, please contact us at seniorshealth.scn@ahs.ca