

## **Improving Primary Care of Older Adults.**

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A comprehensive, planned, and geriatrically oriented approach to primary care of older adults is important. However, this approach is not typical in usual primary care practice. Programs that can support primary care in delivering high quality health care to older adults are needed. Such programs may be based in the health care system or community settings. The EnhanceWellness program (EW), offered in community centers, reduces healthcare utilization and improves daily living functioning through group-based exercise, self-management of chronic conditions, and peer mentoring. Harborview Medical Center's Fall Prevention Clinic offers comprehensive assessments of fall risk factors and targeted follow-up to reduce risk factors for falls and fall-related injuries. Senior Resource Teams, composed of a geriatric physician, gerontologic nurse practitioner, and gerontologic pharmacist, screen for disability risk factors (depression, physical inactivity) and geriatric syndromes (dementia, falls) and develop treatment plans in collaboration with older adults and their primary care providers. Through developing and evaluating these and other novel primary care-enhancing interventions, improved health care and in turn, improved health and functioning of older adults may be achieved.