



COMPREHENSIVE CARE FOR Older Adults with HIV

ABOUT OUR PROGRAM

Developed by Mount Sinai Health System's Brookdale Department of Geriatrics and Palliative Medicine and Institute for Advance Medicine, the Comprehensive Care for Older Adults with HIV program improves care by incorporating a community health worker (CHW) into the interdisciplinary team. This model has proven to be more patient-centered and efficient, improve patient engagement, and reduce appointment no-show rates.

Our Approach: The Six Ms

Our program is based on the six Ms of geriatric-HIV care, which are generally accepted as priority areas for older adults. These principles emphasize avoiding harm, using evidence-based practices, and meeting the individual needs of the patient and family. The Ms are:

1. **Mind:** Maintaining mental abilities; preventing, treating, and managing dementia; and evaluating and treating depression
2. **Mobility:** Preserving the ability to walk and maintain balance and preventing falls and other injuries
3. **Medication:** Streamlining medications so patients take only the drugs they need, and building awareness of and reducing any drug side effects
4. **Multi-complexity:** Helping patients manage multiple health conditions, especially when these are affected by their age and social concerns
5. **Matters most:** Emphasizing the patient's care goals, the outcomes they want, and their care preferences; helping plan for the future through advanced directives
6. **Modifiable issues:** Focusing on issues (such as diet and exercise) that can be improved for overall healthy aging

