

Care of Older Adults (COA)

Helping You Stay Healthy and Independent



Care of Older Adults focuses on making sure adults ages 66 and older get the right care to stay healthy, safe, and independent. As we age, managing health can become more complex. This measure helps ensure your care team is checking the things that matter most, like how you're feeling, what medications you take, and how well you're able to manage daily activities.

Why This Matters for You

Many older adults have more than one health problem, take multiple medications, or have to see multiple doctors. These factors can make it hard to keep your healthcare organized and increase the risk of care gaps.

Regular check-ins with your provider can help:

- ▶ Coordinate the care you receive
- ▶ Identify health changes early
- ▶ Make sure all your medications are safe and effective to take together
- ▶ Support your ability to live independently



What Should Happen Each Year

Your Provider Reviews Your Medications

Your provider should review all your medications, including:

- ▶ Prescription medications
- ▶ Over-the-counter medicines
- ▶ Any vitamins or supplements you take
- ▶ You're taking the right medications at the right time
- ▶ There are no harmful interactions between medications
- ▶ Changes to your medication routine are clearly explained

Even if you don't currently take any medications, your provider should still know.

Your Daily Living Abilities Are Assessed

Your provider will ask about your ability to do everyday tasks, such as:

- ▶ Bathing and dressing
- ▶ Cooking and cleaning
- ▶ Walking or getting around
- ▶ Managing your medications

This is called a functional status assessment and helps identify if you need extra support.

What You Can Do to Stay on Track

- ▶ Schedule your yearly wellness or preventive visit
- ▶ Bring a list of all your medications, including dosages and how often you take them, to your appointment
- ▶ Be honest about any challenges you experience with performing daily activities
- ▶ Discuss your care plan and any concerns you have
- ▶ Let your provider know if something changes with your health
- ▶ Routine visits are a great way to complete important health checks and make sure you're on track with maintaining your health. Don't be afraid to ask your doctor questions!

Remember

Staying on top of your health means you can:

- ▶ Stay independent longer
- ▶ Avoid unnecessary complications
- ▶ Improve your quality of life



Need Help Managing Your Care?

If you need help scheduling appointments, understanding your medications, or managing your health conditions, Wellcare by Allwell is here for you.

Our 24/7 Nurse Advice Line is staffed by registered nurses who are available any time to answer your questions and support your health.



**Call the Nurse Advice
Line at 1-855-565-9518
(TTY: 711). We're available
24 hours a day, every day.**