An approach to care for an adult with multimorbidity that focuses on:

**MULTIMORBIDITY APPROACH TO CARE**

- How the person’s health conditions and their treatments interact and how this affects quality of life
- The person’s individual needs, preferences for treatments, health priorities, lifestyle and goals
- Improving coordination of care across services
- Improving quality of life by reducing treatment burden, adverse events, and unplanned care
- The benefits and risks of following recommendations from guidance on single health conditions

**SINGLE-CONDITION-FOCUSED APPROACH TO CARE**

- Fragmentation within services and across services
- Multiple treatments: decisions informed by guidelines largely based on evidence excluding people with multimorbidity
- Medicines
- Procedures
- Non-pharmacological
- Self management