Reflections on integrating medical and social care: Five laws revisited

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**Abstract:** This paper reviews, rethinks, expands and applies the author's 'laws' of integration, which were first published six years ago. This approach both introduces the laws to readers who don't know them, and tests their utility for those who do. In retrospect, real-world integration efforts mix and match the original components of linkage, co-ordination and full integration. But the message remains to work at all levels, keep it simple, make finances supportive and empower social care.