

# Age-Friendly Care at Home

Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement in partnership with the American Hospital Association and the Catholic Health Association of the United States.

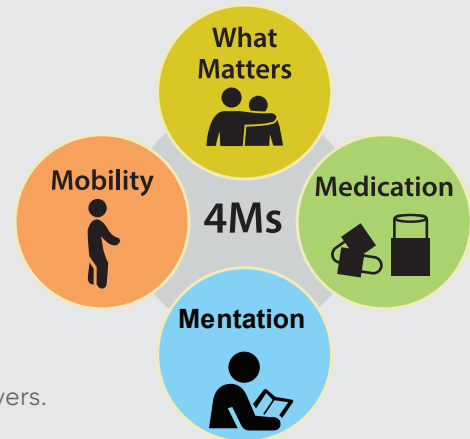
## What is Age-Friendly Care?

Age-friendly care is health care that addresses your unique needs and wants. It can help you enjoy a better quality of life.

It is care that is safe and based on what research shows are the most important things to pay attention to as we get older - the 4Ms: what Matters, Medication, Mentation and Mobility.

Age-Friendly Care at Home:

- Follows an essential set of evidence-based practices;
- Causes no harm; and
- Aligns with What Matters to the older adult and their family caregivers.



## Getting Better Care for You: Resources to Help You Get Age-Friendly Care at Home

YOU are the expert on what matters for your health. Learn how to improve your health by talking with your doctor about the 4Ms, a set of essential aspects of your care.

### What Matters



#### WHAT MATTERS

As you age, your needs might change. It's important for you to share your concerns, goals, wishes, needs and experiences with all of your health care providers.

- Tell your care team about the things that matter to you
- Make a list of questions to ask at each health care visit
- Talk with your family and providers about your wishes for care at the end of life

### Medication



#### MEDICATION

You might take many medicines now, which can mean more side effects. Some drugs affect us in new ways as we age, too.

- Talk with your care team about any side effects that you experience.
- Ask your care team to review how your medicines interact with each other.
- Tell your care team about over-the-counter medicine or natural remedies you take.

### Mentation



#### MENTATION

Older adults are at risk for dementia (problems with thinking, memory, and reasoning), depression (ongoing sadness or loss of interest) and delirium (sudden confusion), but there are steps you can take to lower your risk.

- Talk with your care team if you notice any changes in your memory or mood.

### Mobility



#### MOBILITY

It's important to think about how to get around safely as we get older. Staying active helps you maintain your health and independence.

- Talk with your care team about how you get around at home or go from place to place. Tell them about what's working and what's not.
- Ask about how you can improve strength, flexibility, and balance.