

Join the Movement



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

The Challenge

Ten thousand adults turn 65 every day, and US Census data show that the population aged 65 and older is expected to nearly double in the next 30 years. As the US population ages and life expectancy increases, the growing number of older adults, particularly those with multiple chronic conditions, poses challenges to the current health care system. For older adults and family caregivers, the current health care system can be difficult to navigate in pursuit of the right care at the right place at the right time.

Too often, older adults are needlessly harmed in health care settings and receive care that is inconsistent with what matters to them. We have extensive knowledge of what it takes to improve care for older adults; numerous effective, evidence-based models for geriatric care exist and are in practice. Unfortunately, these models reach only a portion of those who could benefit from them. There is a gap between what is known as the best care for older adults and the care that is provided.

What Is an Age-Friendly Health System?

An Age-Friendly Health System is one in which every older adult's care is:

- Guided by an essential set of evidence-based practices (4Ms);
- Causes no harms; and
- Consistent with What Matters to the older adult and their family.

Questions?

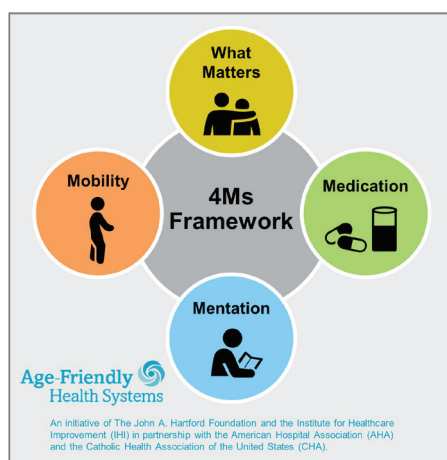
Contact us at afhs@ihi.org or ihi.org/AgeFriendly

Our Aim

The goal of Age-Friendly Health Systems is to develop a framework for age-friendly care and rapidly spread it across the United States.

4Ms Framework

Clinical care settings in an Age-Friendly Health System reliably implement four geriatric care practices known as the 4Ms.



1. **What Matters:** Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.
2. **Medication:** If medication is necessary, use age-friendly medication that does not interfere with What Matters, Mobility, or Mentation across settings of care.
3. **Mentation:** Prevent, identify, and treat dementia, depression, and delirium across settings of care.
4. **Mobility:** Ensure that older adults move safely every day in order to maintain function and do What Matters.

Join the Movement: Become Recognized as an Age-Friendly Health System

Step 1: Determine how you will practice the 4Ms in your clinical care setting. Share with IHI a description of how you are putting the 4Ms into practice through the [4Ms Care Description survey](#).

Step 2: Count the number of older adults that receive 4Ms care reliably in your setting. Once your descriptions are reviewed and accepted by IHI, AFHS@ihi.org will provide you with the link to share your count of older adults whose care includes the 4Ms. After three consecutive months of sharing counts, you will be recognized by IHI as an Age-Friendly Health System.

Step 3: Find support from others in the Age-Friendly Health Systems movement. [Join the list-serve](#) of Friends of Age-Friendly Health Systems to learn about emerging resources and upcoming opportunities to learn with others.

What Does It Mean to Be Recognized?

Age-Friendly Health Systems will be recognized on ihi.org/AgeFriendly. Your team will be provided with an "Age-Friendly Health System Participant" logo for you to proudly display in your health system and on any relevant materials, as well as a Media Kit to build local recognition of your work.