

# Join the Movement



## The Challenge

Ten thousand adults turn 65 every day, and US Census data show that the population ages 65 and older is expected to nearly double in the next 30 years. Older adults are also expected to experience increased life expectancy. 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 caregivers, the current health care system can be difficult to navigate to find 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.

## Our Aim

The goal of Age-Friendly Health Systems is to develop a framework for age-friendly care and rapidly spread to 20 percent of U.S. hospitals and medical practices by 2020.

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

- Gets the best care possible;
- Experiences no health care-related harms; and
- Is satisfied with the health care he or she receives.

In an Age-Friendly Health System, value is optimized for all — patients, families, caregivers, health care providers, and the overall system.

## How will we get there? The 4Ms

In 2017, five US health system pioneers partnered with IHI to test, refine, and scale up the Age-Friendly Health Systems Framework: Anne Arundel Medical Center, Ascension, Kaiser Permanente, Providence St. Joseph Health, and Trinity Health. With these pioneer health systems, we learned the four essential elements of an Age-Friendly Health System, now known as the 4Ms.

- **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.
- **Medication:** If medication is necessary, use age-friendly medications that do not interfere with What Matters, Mobility, or Mentation across settings of care.

- **Mentation:** Prevent, identify, and treat dementia, depression, and delirium across care settings.
- **Mobility:** Ensure that older adults move safely every day in order to maintain function and do What Matters.

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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).

You are invited to learn more and participate in the Age-Friendly Health Systems movement:

1. Visit [aha.org/AgeFriendly](http://aha.org/AgeFriendly) to stay current on progress or **email us** at [ahaactioncommunity@aha.org](mailto:ahaactioncommunity@aha.org) to add your name to our communications.
2. Join an **action community** to test and share results with other organizations working towards reliably putting the 4Ms into practice. The next action community begins in Fall 2019. Email [ahaactioncommunity@aha.org](mailto:ahaactioncommunity@aha.org) to participate.
3. Participate in **learning calls** or other programs about Age-Friendly Health Systems. Check [aha.org/AgeFriendly](http://aha.org/AgeFriendly) for upcoming options.

## Questions?

Contact us at

[ahaactioncommunity@aha.org](mailto:ahaactioncommunity@aha.org)

or [aha.org/AgeFriendly](http://aha.org/AgeFriendly)