

What Does It Mean to Be Age-Friendly?

The 4Ms Are Practiced as a Set	The 4Ms in an Age-Friendly Health System Hospital
<p>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</p> <p>Medication If medication is necessary, use age-friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care</p> <p>Mentation Prevent, identify, treat, and manage delirium across settings of care</p> <p>Mobility Ensure that each older adult moves safely every day to maintain function and do What Matters</p>	<ul style="list-style-type: none"> • Ask the older adult What Matters most, document it, and share What Matters across the care team • Align the care plan with What Matters most • Review for high-risk medication use and document it • Deprescribe or avoid high-risk medications, and document and communicate changes • Screen for delirium at least every 12 hours and document results • Ensure sufficient oral hydration • Orient to time, place, and situation • Ensure older adults have their personal adaptive equipment • Support non-pharmacological sleep • Screen for mobility limitations and document the results • Ensure early, frequent, and safe mobility

The 4Ms Are Practiced as a Set	The 4Ms in an Age-Friendly Health System Practice
<p>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</p> <p>Medication If medication is necessary, use age-friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care</p> <p>Mentation Prevent, identify, treat, and manage delirium across settings of care</p> <p>Mobility Ensure that each older adult moves safely every day to maintain function and do What Matters</p>	<ul style="list-style-type: none"> • Ask the older adult What Matters most, document it, and share What Matters across the care team • Align the care plan with What Matters most • Review for high-risk medication use and document it • Deprescribe or avoid high-risk medications, and document and communicate changes • Screen for dementia/cognitive impairment and document the results • Screen for depression and document the results • Consider further evaluation and manage manifestations of dementia, educate older adults and caregivers, and/or refer out • Identify and manage factors contributing to depression and/or refer out • Screen for mobility limitations and document the results • Ensure early, frequent, and safe mobility