

At A Glance

The 4M Model for Creating Age-Friendly Health Systems

The need for age-friendly health care is now: More than 46 million Americans are ages 65 and older, and that number is projected to double to more than 98 million by 2060.

Older patients have complex health needs that make their medical care challenging. These include:

- Transitions between care settings
- Side effects and adverse drug interactions from multiple medications
- Lack of care planning based on the values and goals of patients and families
- Poor coordination between multiple care providers
- Communication barriers
- Changing care preferences that favor staying at home and prolonged independence

The American Hospital Association's [Health Research & Educational Trust](#) (HRET), the [Institute for Healthcare Improvement](#) (IHI) and the [Catholic Health Association of the United States](#) (CHA), with generous support and leadership from the [John A. Hartford Foundation](#), have designed a new, practical approach for improving care for older adults called the 4M model.

THE 4M MODEL



WHAT MATTERS



MEDICATIONS



MENTATION



MOBILITY

- **What Matters:** Know and act on each older adult's specific health outcome goals and care preferences across settings.
- **Medications:** If medications are necessary, use age-friendly medications that do not interfere with what matters, mentation or mobility.
- **Mentation:** Identify and manage depression, dementia and delirium across care settings.
- **Mobility:** Ensure that older adults at home and in every setting of care move safely every day in order to maintain function and to do what matters.

These five health systems are testing this new approach in hospitals, long-term care, ambulatory and post-acute settings:

- **Anne Arundel Medical Center, Annapolis, Maryland**
- **Ascension, St. Louis, Missouri**
- **Kaiser Permanente, Woodland Hills Medical Center, Woodland, California**
- **Providence St. Joseph Health, Renton, Washington, and Irvine, California**
- **Trinity Health, Livonia, Michigan**

And their initial action steps are beginning to make a positive difference. Highlights include:

- Redeploying and prioritizing existing resources
- Aligning critical quality and safety interventions
- Reducing costs associated with disutility of health care services
- Increasing utilization of cost-effective services

Learn more by downloading the "[Creating Age-Friendly Health Systems](#)" issue brief.

A Call to Action

We're encouraging hospitals and health systems to join us in deploying the new 4M model more widely. To join us in this important effort, visit www.aha.org/agefriendly or email us at AFHS@aha.org.

