

Join the Movement



The Challenge

Ten thousand adults turn 65 every day, and U.S. Census data show that the population ages 65 and older is expected to nearly double in the next 30 years. Older adults also are expected to experience increased life expectancy. As the U.S. 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.

Older adults have unique care needs, and challenges persist in making transitions between care settings and receiving care that is consistent 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% of U.S. hospitals and medical practices by December 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 U.S. 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 Framework.

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

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

1. Visit aha.org/AgeFriendly to stay current on progress or **email us at ahaactioncommunity@aha.org** to add your name to our communications.
2. Join an **action community** to test and share results with other organizations working toward reliably putting the 4Ms into practice. In the AHA Age-Friendly Health Systems Action Community that convened in fall 2019, 75 hospitals and health care practices achieved a form of recognition. The next AHA action community begins in fall 2020. Email ahaactioncommunity@aha.org to participate.
3. Participate in **learning calls** or other programs about Age-Friendly Health Systems. Check aha.org/AgeFriendly for upcoming options.

Questions?

Contact us at
ahaactioncommunity@aha.org
or aha.org/AgeFriendly