

# Pathways to Becoming an Age-Friendly Health System

**WHAT?** Age-Friendly Health Systems is a movement to ensure older adults receive safe, evidence-based care focused on what matters to them.

**WHY?** Age-friendly care is an urgent need. More than 54 million Americans are age 65 or over, and that number is projected to climb to about 95 million by 2060. Many older adults have complex care needs. They may have more than one chronic disease and take multiple medications.

**WHO?** Nearly 5,000 care settings, including hospitals and health systems, ambulatory care and skilled nursing facilities, have been recognized as “age friendly.”

**HOW?** Individuals and clinical teams can follow one or more pathways to learn more about the movement and help their organization become an Age-Friendly Health System. Whichever pathway is selected, participation is free, with support from the John A. Hartford Foundation.

## Choose your path

### Participate in an Action Community

- Seven-month virtual learning community
- Twice-monthly, free educational webinars
- Access to expert faculty, coaching calls and resources — all free
- Ideal for clinical teams across care settings
- [Learn more](#)

### Take the Do-It-Yourself Approach

- Self-paced learning experience
- Resources available through the Institute for Healthcare Improvement’s Open School and website
- Course content is free; will need to create an IHI account
- Ideal for individuals and clinical teams prepared to submit their care descriptions independently
- [Learn more](#)

### Become a Friend of Age-Friendly

- Access to Age-Friendly Health Systems newsletter
- Invitations to join “Friends of Age-Friendly” webinars
- Participation is free
- Ideal for individuals not yet ready to fully participate
- [Learn more](#)

### Apply for the AHA Next Generation Leaders Fellowship

- Yearlong professional fellowship
- Virtual experience, with three in-person meetings
- Exclusive mentorship
- Scholarships available for Age-Friendly Fellows
- Ideal for health care leaders working to advance their career
- [Learn more](#)

**Not sure which path to take?**

**Complete the [Pathways Selection Tool](#).**

**Visit [AHA.org/agefriendly](https://www.aha.org/agefriendly) to [learn more](#) about the Age-Friendly Health Systems movement.**