

## Age-Friendly Health System Recognition Resources

[New York Age-Friendly Action Community](#)

[New York Age-Friendly Action Community – Participant Materials](#)

[Join IHI's Friends of Age-Friendly Health System Community](#)

### Age-Friendly faculty

Program faculty are available to provide guidance and consultation on 4Ms care:

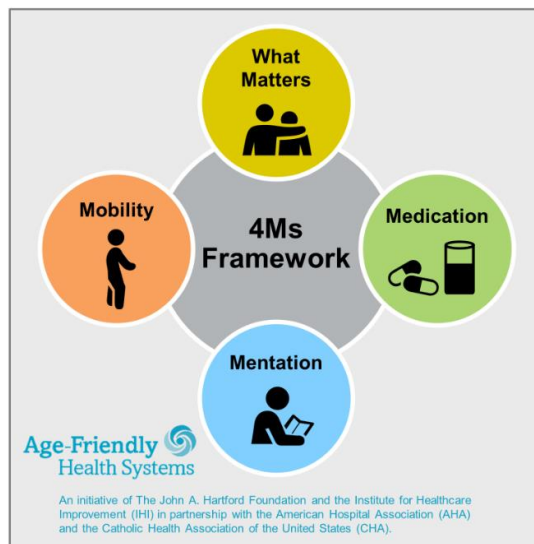
- *What Matters* – Damara Gutnick, MD, [dgutnick@montefiore.org](mailto:dgutnick@montefiore.org)
- *Medication* – Nicole Brandt, PharmD., MBA, BCGP, BCPP, FASCP, [nbrandt@rx.umaryland.edu](mailto:nbrandt@rx.umaryland.edu)
- *Mentation* – E.J. Santos, MD, MPH, DFAPA, [elizabeth\\_santos@urmc.rochester.edu](mailto:elizabeth_santos@urmc.rochester.edu)
- *Mobility* – Michael Friedman, PT, MBA, [mfried26@jhmi.edu](mailto:mfried26@jhmi.edu)

### Getting started guides

- [Guide to Using the 4Ms in the Care of Older Adults in Hospitals and Ambulatory Practices](#)
- [Guide to Care of Older Adults in Nursing Homes](#)
- [Guide to Recognition for Emergency Department Accredited Sites](#)
- [Introduction to the 4Ms Framework](#) video from RUSH Center for Excellence

### [Age-Friendly Health System Recognition FAQs](#)

### Age-Friendly 4Ms implementation resources



For related work, this graphic may be used in its entirety without requesting permission. Graphic files and guidance at [ihi.org/AgeFriendly](http://ihi.org/AgeFriendly)

#### **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 medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

#### **Mentation**

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

#### **Mobility**

Ensure that older adults move safely every day in order to maintain function and do What Matters.

- [Age-Friendly Health Systems: A Guide to Using the 4Ms While Caring for Older Adults](#) – Co-edited by John A. Hartford Foundation President Terry Fulmer, PhD, RN, FAAN, and Institute

for Healthcare Improvement Vice President Leslie Pelton, MPA; available on Amazon.com as an e-book at a discounted rate of \$2.99.

- [Identifying an Age-Friendly Champion in Your Organization](#)
- [“What Matters” to Older Adults? Toolkit](#)
- [How to Have Conversations with Older Adults about “What Matters”: A Guide for Getting Started](#)
- [“Conversation Ready”: A Framework for Improving End-of-Life Care \(Second Edition\)](#)
- [The Conversation Project](#)
- [AGS Beers Criteria Pocket Card](#)
- [Beers Criteria for Potentially Inappropriate Medication Use in Older Adults](#)
- [Mini-Cog® Quick Screening for Early Dementia Detection](#)
- [MoCA Cognitive Assessment](#)
- [Ultra-Brief Confusion Assessment Method \(UB-CAM\)](#)
- [Confusion Assessment Method \(CAM\)](#)
- [Patient Health Questionnaire \(PHQ-2 and PHQ-9\)](#)
- [Geriatric Depression Scale \(short form\)](#)
- [Mobility Matters for Age-Friendly Care podcast](#)
- [Timed Up & Go \(TUG\)](#)
- [STEADI Older Adult Fall Prevention](#)
- [Age-Friendly Workbook for Nursing Home Teams](#)
- [Age-Friendly Health Systems \(AFHS\) and Nurses Improving Care for Health System Elders \(NICHE\) Crosswalk](#)
- [What to Say During Telehealth Visits with Older Adults](#)
- [The Keys to Effective Telemedicine for Older Adults](#)

#### Age-Friendly Electronic Health Record implementation guides

- [Cerner](#)
- [Epic](#)

#### Case studies

- [Creating Age-Friendly Health Systems](#) podcast
- [Northwell Health](#) (health system)
- [Banner Health System](#) (ambulatory)
- [MaineHealth](#) (hospital)
- [Hebrew SeniorLife](#) (nursing home)
- [AdventHealth Hendersonville](#) (scale and spread)

#### Level 1 “Participant” 4Ms care description worksheets\*

- [Ambulatory Care](#)
- [Hospitals](#)
- [Sites That Have Achieved Geriatric Emergency Department Accreditation](#)
- [Nursing Homes](#)
- [Convenient Care Clinics](#) (urgent care centers)

- [Sites That Have Achieved Geriatric Surgery Verification](#)

\* Submit completed care description worksheets to [afhs@ihi.org](mailto:afhs@ihi.org) and copy [actioncommunity@hanys.org](mailto:actioncommunity@hanys.org). You should receive an email with information about your recognition status within three weeks.

#### Level 2 “Committed to Care Excellence”

- Submit counts of patients that received all 4Ms Care by month, for three months using the last page of your Care Description .pdf form that was submitted and approved by IHI.
- [Committed to Care Excellence Counts \(multiple sites\)](#)

#### 4Ms educational resources to use with older adults

- [4Ms Brochure – English](#)
- [4Ms Poster – English](#)
- [4Ms Brochure – Spanish](#)
- [4Ms Poster – Spanish](#)
- CVS Minute Clinic [To your future health!](#) brochure

#### Celebrating your success

- [Health Systems Recognized by IHI](#)
- [Age-Friendly Health Systems Communications Kit](#)
- [HANYS’ Member Spotlight](#)

#### Scale and Spread

- [Age-Friendly Health Systems: Measures Guide](#)
- [Spreading Age-Friendly Care: From One Care Location to Reach Older Adults Across Your Health System](#)
- [Assessing the Value of Age-Friendly Health Care](#) (podcast)
- [The Business Case for Becoming an Age-Friendly Health System](#)
- [Sample Case Study](#)
- [Tools to Support Age-Friendly Health Systems](#) (video, including information about return-on-investment calculation)