

## What Does It Mean to Be Age-Friendly?

The 4Ms Are Practiced as a Set	The 4Ms in an Age-Friendly Health System <b>Hospital</b>
<p><b>What Matters</b> 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><b>Medication</b> 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><b>Mentation</b> Prevent, identify, treat, and manage delirium across settings of care</p> <p><b>Mobility</b> Ensure that each older adult moves safely every day to maintain function and do What Matters</p>	<ul style="list-style-type: none"> <li>• Ask the older adult What Matters most, document it, and share What Matters across the care team</li> <li>• Align the care plan with What Matters most</li> <li>• Review for high-risk medication use and document it</li> <li>• Deprescribe or avoid high-risk medications, and document and communicate changes</li> <li>• Screen for delirium at least every 12 hours and document results</li> <li>• Ensure sufficient oral hydration</li> <li>• Orient to time, place, and situation</li> <li>• Ensure older adults have their personal adaptive equipment</li> <li>• Support non-pharmacological sleep</li> <li>• Screen for mobility limitations and document the results</li> <li>• Ensure early, frequent, and safe mobility</li> </ul>

The 4Ms Are Practiced as a Set	The 4Ms in an Age-Friendly Health System <b>Practice</b>
<p><b>What Matters</b> 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><b>Medication</b> 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><b>Mentation</b> Prevent, identify, treat, and manage delirium across settings of care</p> <p><b>Mobility</b> Ensure that each older adult moves safely every day to maintain function and do What Matters</p>	<ul style="list-style-type: none"> <li>• Ask the older adult What Matters most, document it, and share What Matters across the care team</li> <li>• Align the care plan with What Matters most</li> <li>• Review for high-risk medication use and document it</li> <li>• Deprescribe or avoid high-risk medications, and document and communicate changes</li> <li>• Screen for dementia/cognitive impairment and document the results</li> <li>• Screen for depression and document the results</li> <li>• Consider further evaluation and manage manifestations of dementia, educate older adults and caregivers, and/or refer out</li> <li>• Identify and manage factors contributing to depression and/or refer out</li> <li>• Screen for mobility limitations and document the results</li> <li>• Ensure early, frequent, and safe mobility</li> </ul>