Dear Leader,

In 2017, 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), set a bold aim: 20 percent of US hospitals and health systems would be Age-Friendly Health Systems by December 31, 2020.

The care of older adults in an Age-Friendly Health System is:
- Guided by an essential set of evidence-based practices (4Ms);
- Causes no harms; and
- Is consistent with What Matters to the older adult and their family.

At its core, an Age-Friendly Health System puts into practice with every older adult the 4Ms:
- **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 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.

This letter indicates that a team from your health system is undertaking the work of becoming an Age-Friendly Health System. The team will share with IHI 1) a description of how the 4Ms are being put into practice in your organization; and 2) data on how many older adults receive care that includes the 4Ms. IHI will celebrate your hospital or practice as an Age-Friendly Health System once IHI receives at least three consecutive months of data.

Leadership support is essential for fulfilling your system’s commitment to making care safer and more reliable for older adults. Your signature below demonstrates your organization’s dedication to becoming an Age-Friendly Health System.

**Please send this letter to afhs@ihi.org to demonstrate your organization’s commitment to the Age-Friendly Health Systems movement.**

Signature:

Name:

Role:

Organization:

Date:

Name of hospital, practice, or clinical site:

Contact name:

Contact email: