

Nursing Home Call to Action: Become an Age-Friendly Health System

What is an Age-Friendly Health System?

Age-Friendly Health Systems (AFHS) 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). Age-Friendly Health Systems aim to:

- Follow an essential set of evidence-based practices (known as the 4Ms);
- Cause no harm; and
- Align with What Matters to the older adult and their family caregivers.

The 4Ms (What Matters, Medication, Mentation, and Mobility) are a set of evidence-based practices that are intended to make the complex care of older adults manageable. The 4Ms are a framework, not a program, to guide all care of older adults in your nursing home. The intention is to incorporate the 4Ms into existing care, rather than adding more work. Nearly 500 nursing homes across the nation have already been recognized.

How can my nursing home become an Age-Friendly Health System?

IHI and The American Hospital Association (AHA) offer Action Communities to help health care systems adopt Age-Friendly care. The Action Community is a free virtual learning opportunity to test and accelerate the adoption of the 4Ms with a network of teams from across different health systems. Guided by expert faculty and an “all teach all learn model,” teams participate on monthly webinars, attend a virtual convening, and test specific changes to improve care for older adults.

Why should my nursing home become an Age-Friendly Health System?

- **Improved care for older adults through the organization and delivery of evidence-based care.**
Most nursing homes are already providing many aspects of Age-Friendly care. Using the 4Ms framework will help your organization practice it more reliably, consistently, and effectively.
- **Recognition by IHI and The John A. Hartford Foundation as an Age-Friendly Health System.**
- **Age-Friendly 4Ms care has been shown to increase patient/resident satisfaction, which can lead to improved quality measure scores.**
- **What nursing homes are saying:** “The Age Friendly Healthcare System has had a transformative impact in our skilled nursing facility. We found increases in staff morale and engagement after implementation of the 4Ms. On top of this, there was significant improvement in our care and clinical outcomes after adoption of the 4Ms framework such as falls, prescribing of potentially inappropriate medications, disruptive behaviors, and what matters most documentation. We found the 4Ms to be easy to implement and the resources extremely valuable.”



Visit

[Age-Friendly Health Systems | Center | AHA](#) to sign up for the Fall 2023 Action Community.



American Hospital
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Contact

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with questions.