

Nursing Home Invitation: Become an Age-Friendly Health System

What is an Age-Friendly Health System?

Age-Friendly Health Systems (AFHS) aim to simplify the care of complex older adults by organizing it into the 4Ms Framework (What Matters, Medication, Mentation, and Mobility). Age-Friendly Health Systems:

- 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 family caregivers.

AFHS incorporate the 4Ms into existing care, rather than adding more work. Nearly 500 nursing homes across the nation have been recognized.

Join an Action Community to become an AFHS.

An Action Community is a free virtual learning opportunity to help health systems adopt the 4Ms. 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 become an Age-Friendly nursing home?

- **Improve care for older adults with organized, evidence-based care.** Nursing homes already provide aspects of Age-Friendly care. Using the 4Ms framework helps staff deliver 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.** Many nursing homes also report positive impact on staff and organizational culture.
- **What nursing homes are saying:** “AFHS has had a transformative impact in our SNF. We found increases in staff morale and engagement after implementation of the 4Ms. There was significant improvement in our care and clinical outcomes after adoption of the 4Ms framework such as fewer falls, reduced prescribing of potentially inappropriate medications, fewer disruptive behaviors, and increased documentation of What Matters. We found the 4Ms easy to implement and the resources extremely valuable.”



Visit

[IHI Age-Friendly Health Systems](#) to learn more about Spring 2024 Action Community. [Register here.](#)

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