

Join the Movement!



The Challenge

Ten thousand adults turn 65 every day, and U.S. Census Bureau data shows that the population aged 65 and older is expected to nearly double in the next 30 years. As the U.S. population ages and life expectancy increases, the growing number of older adults,

particularly those with multiple chronic conditions, poses challenges to the current healthcare system. For older adults and family caregivers, the current healthcare system can be difficult to navigate in pursuit of the right care at the right place at the right time.

Too often, older adults are needlessly harmed in healthcare settings and receive care that is inconsistent with what matters to them. The healthcare sector has extensive knowledge of what it takes to improve care for older adults; numerous effective, evidence-based models for geriatric care exist and are in practice. Unfortunately, these models reach only a portion of those who could benefit from them. **There is a gap between what is known as the best care for older adults and the care that is provided.**

What is an Age-Friendly Health System?

An Age-Friendly Health System is one in which every older adult's care is:

- Guided by an essential set of geriatric evidence-based practices (**4Ms Framework**):
 - 1. 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.

- 2. Medication:** If medication is necessary, use age-friendly medication that does not interfere with What Matters, Mobility, or Mentation across settings of care.
- 3. Mentation:** Prevent, identify, and treat dementia, depression, and delirium across settings of care.
- 4. Mobility:** Ensure that older adults move safely every day to maintain function and do What Matters.
 - Causes no harm.
 - Consistent with What Matters to the older adult and their family.



What is an Age-Friendly Health Systems Action Community and What Does Participation Entail?

The **seven-month** Age-Friendly Health Systems Action Community is an on-ramp for hospital-based teams (e.g., emergency departments, ICUs, general wards, medical-surgical units), ambulatory care teams (e.g., primary care, specialty care), and extended care teams (e.g., long-term care/skilled nursing facilities) to test and adopt the 4Ms. Health systems, hospitals or outpatient settings in Michigan can choose to enroll at the unit/site level or organizationwide. Participants can engage as many sites/units/teams as it would like to participate in the MHA

Keystone Center Action Community. The instruction and coaching will focus on setting-specific aims and address transitions in care between settings.

There is no fee to participate in the Action Community.

The cost of participation includes the time teams must allocate to engage in Action Community activities listed below. Each participating organization will build its own team. **The Action Community testing and learning is designed to occur as part of each person's existing activities and is, therefore, a repurposing of time rather than adding time increments.**

To participate in the Action Community, interested teams will be asked to:

- ✓ Identify a clinical care setting and patient population to test the 4Ms.
- ✓ Bring together an interdisciplinary team (consider engaging a diverse team that reflects your older adult community, including an older adult on the team, and enlisting an individual with prior experience using quality improvement methodology).
- ✓ Identify a leader with authority over the selected care setting or population to support the team's activities and progress and participate in the leadership track.

During the seven-month Action Community, Launch Teams will engage in:

- Monthly team webinars.
- Monthly topical peer coaching webinars.
- In-person/virtual meeting(s) with Action Community teams.
- Institute for Healthcare Improvement (IHI) leadership webinars.
- Ongoing testing of Age-Friendly interventions. Reporting monthly progress between the monthly learning activities.

What are the Benefits of Participating?

- **Improved, cost-effective care** for older adults through the organization and delivery of evidence-based care.
- **Avoid costs of poor-quality care** resulting from fewer iatrogenic complications, fewer undesired medical interventions, and improved patient safety:
 - Shorter length of stay.
 - Lower acuity of care.
 - Lower readmissions and emergency department visits.

- **Enhance and add revenue** from high-quality care resulting from expansion of appropriate outpatient services. Increase fee-generating encounters through Medicare Annual Wellness Visits, resulting in encounters such as advance care planning and health screenings.
- **Recognition by the IHI and The John A. Hartford Foundation as Age-Friendly Health Systems.** Through engagement and operationalization of the 4Ms in your setting, your organization has the opportunity to be recognized and celebrated on IHI's website, in press releases, and in additional venues as being an Age-Friendly Health System Committed to Care Excellence.
- **All teach, all learn model.** By participating in the Action Community, you will have the opportunity to build relationships and learn from expert faculty and peers around the country who have found innovative solutions to challenges and obstacles similar to those you may face. In addition, you will have opportunities to share your organization's learning and celebrate its progress with the movement.

Join the Movement: Become Recognized as an Age-Friendly Health System

Contact keystone@mha.org to learn more about the MHA Keystone Center's Age-Friendly Health Systems Action Community and ways to get engaged!

Want to Learn More?

- To learn more about the Action Community structure and benefits, view the [MHA Keystone Center Age-Friendly Action Community Invitation Guide](#).
- Check out ihi.org/AgeFriendly to learn more about the national Age-Friendly movement.

Thank you to our funder!



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