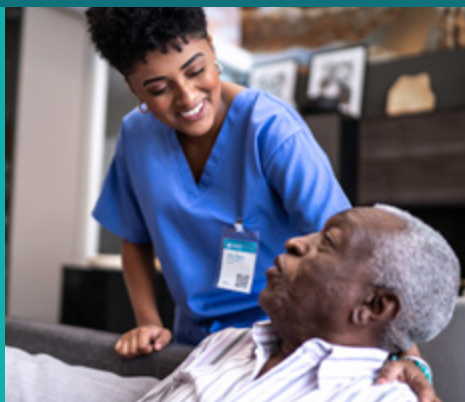


Age-Friendly Health Systems



Older New Yorkers participate meaningfully in community and family life now more than ever. However, they continue to face challenges accessing patient-centered care. These challenges — from overmedication to falls and treatable cognitive concerns — are largely preventable.

HANYS' Age-Friendly Health Systems Action Community helps New York health systems test and adopt the Institute for Healthcare Improvement's framework for age-friendly care.

Age-Friendly Health Systems address four key elements of care in each encounter with an older adult. These elements are known as the 4Ms: What Matters, Medication, Mentation and Mobility. When practiced together, 4Ms care leads to improvements in patient experience scores, as well as quality outcomes such as hospital readmissions, emergency department utilization and length of stay (Mechcatie, 2018).

The New York State Action Community

HANYS launched the New York State Age-Friendly Action Community in 2020 in collaboration with the [NYSDOH](#), [The John A. Hartford Foundation](#) and [IHI](#).

The action community helps participant health systems accelerate their adoption of 4Ms care, using an “all teach, all learn” model. Teams perform tests of change to identify which approaches work best in their care settings. Under the expert guidance of the HANYS team and our four faculty, teams scale and spread 4Ms care across their facility, transforming the care delivered to older adults. Sites will earn official recognition from IHI as Age-Friendly Health System participants.

We encourage all New York state hospitals, health systems and providers to join us in this important work. Thanks to the generous support of our funders, participation is free of charge. **Some health systems may be eligible to apply for stipends to support this work.**

Action Community participants will:

- attend monthly “deep dive” webinars with case studies and discussions to address common challenges, led by HANYS staff and the four expert faculty;
- receive one-on-one technical assistance while testing and implementing 4Ms care;
- attend a half-day virtual summit to develop an action plan to scale up efforts of local 4Ms adoption and sustain Age-Friendly care for every older adult in your clinical setting;
- gain access to a state and national network of Age-Friendly Health Systems through the New York State Action Community website and the IHI Action Community forum;
- connect with other participants and community-based organizations to share strategies, identify lessons learned, overcome barriers and expedite the implementation of the action community goals;
- build quality improvement knowledge that can be applied beyond the scope of this initiative; and
- learn how to track Age-Friendly quality metrics to help demonstrate the value of 4Ms care.

Visit hanys.org/age-friendly or email actioncommunity@hanys.org to request more information and reserve your spot.