

GWEP - Coordinating Center

Age Friendly Health Systems - Frequently Asked Questions *

Q:	Are Age-Friendly Health Systems focused on care of older adults in the hospital?
A:	Age-Friendly Health Systems are about integrating the 4Ms framework across the full continuum of care including when older adults are at home and are cared for in ambulatory settings, when older adults are in the hospital and in post-acute care.
Q:	I am concerned that putting the 4Ms into practice all together may be too much for some health systems. Can health systems select which of the 4Ms they want to implement?
A:	An Age-Friendly Health System puts the 4Ms into practice as a set. The 4Ms serve as balancing measures to one another and ensure the safety and well-being of older adults. For example, if health systems begin screening for delirium without also reducing high-risk medications, they may inadvertently harm older adults with increased use of medication to manage the symptoms of delirium.
Q:	What is an Age-Friendly Health System Action Community?
A:	An Action Community is a group of about 75 health systems who come together for seven months to learn how to adopt the 4Ms for each of their health system. The Action Community participants learn through monthly virtual webinars, drop-in coaching sessions, sharing of data and one in-person meeting. The Institute for Healthcare Improvement (IHI) provides the Action Community content, a guide for their operations and a technology platform for sharing data. The GWEPS can offer Action Communities as a means for disseminating the 4Ms.
Q:	How are the 4Ms useful in a primary care clinic?
A:	The 4Ms provide a framework for good, evidence-based care. The 4Ms set can be provided over the course of the year or during each visit. They become the organizing focus for the care.
Q:	What is the basis for the 4Ms?
A:	Each of the 4Ms, and the related tools and approaches, is evidence-based. The 4Ms were identified as the core of good and evidence-based care through a rigorous process with researchers, model experts and health system leaders. Ninety core features of geriatric models were synthesized into twenty-four themes from which the 4Ms were selected.
Q:	Health systems are already overwhelmed with everything they must do, why would they become Age-Friendly Health Systems?
A:	If the Medicare population is increasing in the health system’s geography, and it probably is, they are effectively at-risk for the care delivered to older adults. The 4Ms are not another model of care. The 4Ms are a framework for reliable, safe care with the growing population of older adults. Almost all health systems are practicing the 4Ms some places with some older adults. Becoming an Age-Friendly Health System is a commitment to reliable practice of the 4Ms and closing whatever gap exists to achieve that.
Q:	How can I learn more about Age-Friendly Health Systems?
A:	More information about Age-Friendly Health Systems can be found on IHI.ORG/AgeFriendly or by emailing AFHS@IHI.ORG .

Q:	How can health systems join the Age-Friendly Health System movement, and can I share the information publicly about how health systems can join?
A:	<p>There are four different opportunities in 2019 to join the movement:</p> <ol style="list-style-type: none"> 1. Email AFHS@IHI.ORG to stay informed about the movement by joining the Friends of Age-Friendly Health Systems’ quarterly webinars. 2. Enroll in five-call series starting February 2019 to learn about the 4Ms of being an Age-Friendly Health System. Join by clicking on this link: Becoming an Age-Friendly Health System Call Series Feb 2019. 3. Enroll in a seven-month, virtual community starting April 2019 with health systems adopting the 4Ms in their health system. Join by clicking on this link: Becoming an Age-Friendly Health System Learning Community Apr 2019. 4. Email AFHS@IHI.ORG to share measures with us, be named as an Age-Friendly Health System in the movement and share the logo proudly throughout your institution. <p>These opportunities can be shared publicly by your organizations.</p>
Q:	How can I learn more about the GWEP NOFA or find answers about our GWEP grant?
A:	Consult with the appropriate HRSA project officer for questions related to the GWEP application.

* Responses provided by the Institute for Healthcare Improvement

Age-Friendly Health Systems 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).