

4Ms Educational Materials for Older Adults and Caregivers

Frequently Asked Questions

Can I adapt these materials?

- The content in these brochures and posters were created with important feedback from older adults and caregivers. As such, there are elements that are locked and others that may be edited. You are welcome to edit to include your organizations contact information and logo. Please contact aging@rush.edu if you would like to make additional changes for your organization's use.

How much does the brochure or poster cost?

- All materials are free and can be viewed here: <https://aging.rush.edu/4ms-educational-materials-for-older-adults-and-caregivers/>
- An electronic version of the brochures in English and Spanish can be found here.
 - English: <https://catch-on.org/wp-content/uploads/4Ms/4MsPDFv3/HTML5/4MsPDFv3/4MsBrochure.html>
 - Spanish: <https://catch-on.org/wp-content/uploads/4Ms/4Ms-OnlinePDF-Brochure-SP/4MsBrochureSP.html>
- Please email aging@rush.edu for the PDF versions.

How do I fold the brochures?

- Place brochure (printed on 8.5x14 paper) on flat surface with the description of the 4Ms facing up. Fold in half, and then fold in twice more.

About Age-Friendly Health Systems

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).

About these materials

The Age-Friendly Health Systems movement has been spreading to health systems and primary care through the Health Resources and Services Administration's funding of Geriatric Workforce Enhancement Programs (GWEPs) across the country. An important step in promoting the movement was working directly with older adults and caregivers to learn how they think about the 4Ms, and then develop resources to help them proactively interact with their health care team.

Rush University Medical Center's GWEP, [CATCH-ON](#) (Collaborative Action Team training for Community Health – Older adult Network) partnered with Community Catalyst's Center for Consumer Engagement in Health Innovation to engage older adults and family caregivers in co-designing these materials.

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