

Age-Friendly Health Systems



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 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.

The Action Community is aligned with state and federal policies, including the Master Plan for Aging and the newly adopted Age-Friendly Hospital measure for the CMS Inpatient Quality Reporting Program. We want to ensure that participating hospitals can attest "yes" to this new measure.

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. **Stipends are available to help support this work.**

Action Community participants will:

- attend a virtual summit to meet HANYS staff and expert faculty, learn about the fundamentals of Age-Friendly 4Ms care and identify key dates, deadlines and deliverables for the year;
- attend monthly webinars led by faculty experts to identify strategies and best practices aligned with the implementation of Age-Friendly 4Ms care;
- receive one-on-one technical assistance while testing and implementing 4Ms care;
- participate in peer-sharing opportunities to meet other Age-Friendly participants, learn from one another and accelerate the adoption of best practices;
- adopt evidence-based clinical workflows to improve the care delivered to older adults; and
- **New for 2025!** Advanced sites will receive specialized education and resources to help with sustainability and spread.

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