

# Join the March 2025 IHI Age-Friendly Health Systems Action Community!



## What is an Age-Friendly Health System?

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), designed Age-Friendly Health Systems to meet this challenge head on. Age-Friendly Health Systems aim to:

- Follow an essential set of evidence-based practices (known as the 4Ms);
- Cause no harm; and
- Align with What Matters to the older adult and their family caregivers.

The 4Ms (What Matters, Medication, Mentation, and Mobility) are a set of evidence-based practices that are intended to make the complex care of older adults manageable. The 4Ms are a framework, not a program, to guide all care of older adults wherever and whenever they touch your health system's care and services. The intention is to incorporate the 4Ms into existing care, rather than layering them on top, care already recognized as Age-Friendly Health Systems, and positive momentum is growing.

## What is an Age-Friendly Health System Action Community and how can I join?

The Action Community is a free virtual learning opportunity to test and accelerate the adoption of the 4Ms with a network of teams from across different health systems. Guided by expert faculty and an "all teach all learn model," teams participate on monthly webinars, attend a virtual convening, and test specific changes to improve care for older adults. The Action Community is designed as an on-ramp for hospital settings, ambulatory practices, nursing homes, and convenient care clinics to test and adopt age-friendly care.

## What are the benefits of participating?

- **Improved care for older adults through the organization and delivery of evidence-based care.** At the end of the seven-month Action Community, participating organizations will have implemented specific changes of the Age-Friendly Health Systems 4Ms Framework in their setting of care.
- **Recognition by IHI and The John A. Hartford Foundation as Age-Friendly Health Systems.**
- **All teach all learn model.** By participating in the Action Community, you will have the opportunity to build relationships and learn from expert faculty, as well as peers around the country that have found innovative solutions to similar challenges and obstacles that you may face. In addition, you will have opportunities to share your organization's learning and celebrate its progress with the movement.



Visit  
[ihi.org/AgeFriendly](https://ihi.org/AgeFriendly)

to sign up for the  
Action Community.

Registration will be open from  
September 2024 until April 2025.

Contact [AFHS@ihi.org](mailto:AFHS@ihi.org)  
with questions.



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