Join the Next IHI Age-Friendly Health Systems Action Community!

Institute for Healthcare Improvement

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). Age-Friendly Health Systems aims 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 for the complex care of older adults. The 4Ms are a framework, not a program, to guide care of older adults wherever and whenever they touch your health system. The intention is to incorporate the 4Ms into existing care. The movement has recognized more than 5,000 care sites as Age-Friendly Health Systems Participants and reached more than 5.4 million older adults.



How can I join?

The Action Community is a free virtual learning opportunity to accelerate the adoption of the 4Ms with a network of teams from different health systems. Guided by expert faculty and an "all teach, all learn model," teams participate in monthly webinars, attend a virtual convening, and test specific changes to improve care. The Action Community is designed as an on-ramp for hospitals, ambulatory practices, nursing homes, convenient care clinics, and home health care settings. The next Action Community will launch in March 2026.

To sign up for the next Action Community or explore the DIY pathway, visit ihi.org/AgeFriendly

Contact AFHS@ihi.org with questions.

Download the Guide to Using the 4Ms in the Care of Older Adults

Some health systems are able to adopt the 4Ms without requiring the intensive support of an Action Community. IHI also offers a Do-It-Yourself (DIY) pathway for motivated systems to submit a 4Ms care description and get recognized.

What are the benefits of participating?

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

Scan to learn more

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