

Creating an Age-Friendly Health Care Ecosystem

As a primary care and consultative practice, Jefferson Center for Healthy Aging seized its opportunity to set a high bar for older adult care throughout the Jefferson Health system in Philadelphia.



Their participation in Age-Friendly Health Systems served as a major catalyst for the entire organization to address the unique needs of older adults and their caregivers.

“The Age-Friendly Health Systems 4Ms Framework has been incredibly helpful in communicating what we do as a geriatric practice to colleagues and to the general public. It has given us a way to convey priorities for older adult care, uniting our colleagues across practices through a common language and understanding.”



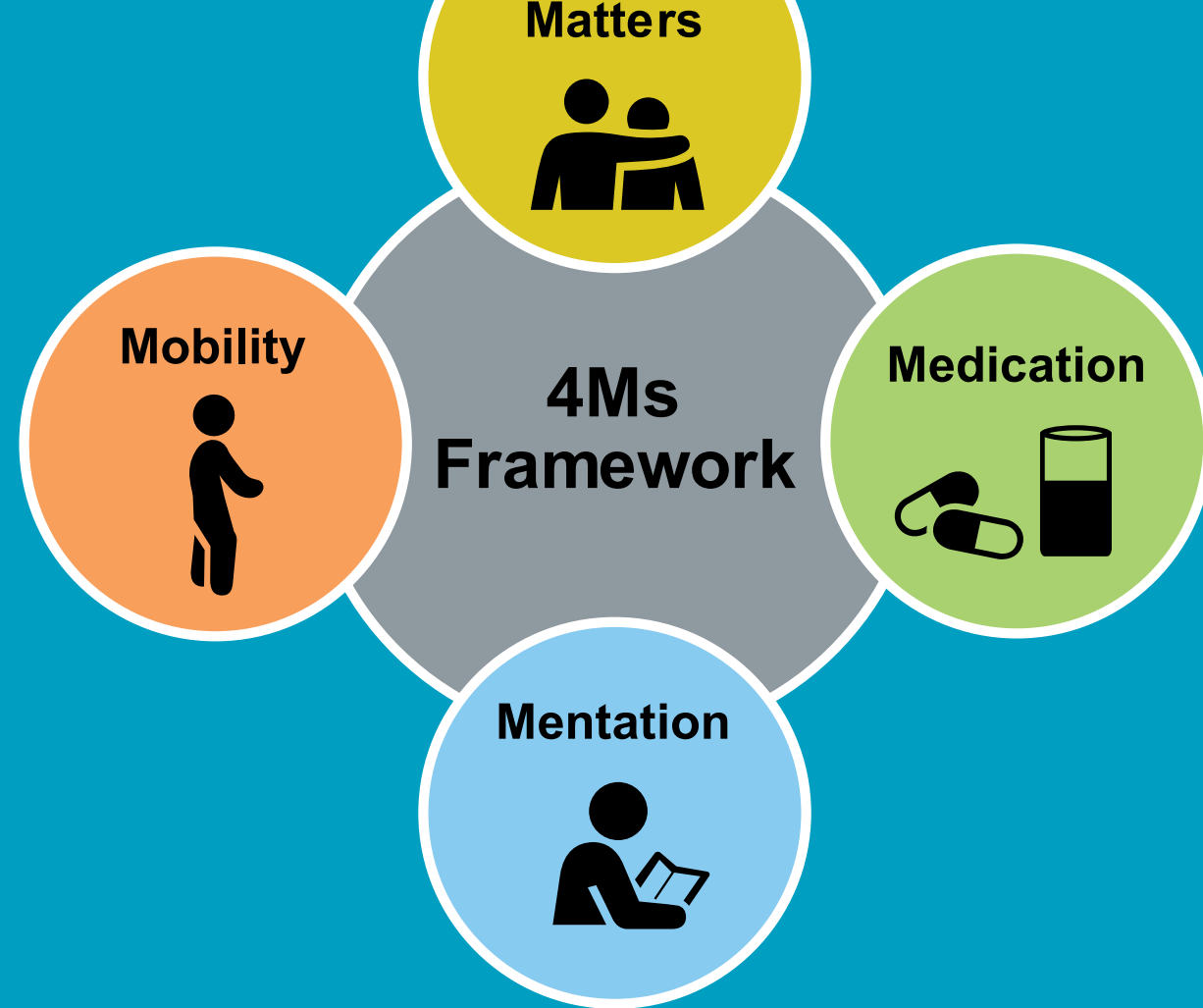
Brooke Salzman, MD
Associate Director,
Geriatric Programs
Co-Director,
Jefferson Center for Interprofessional Practice and Education
Jefferson Health



The practice has become the center of an age-friendly ecosystem in the Philadelphia region by teaming with other practices, departments, and initiatives:

- Collaborating with other specialists improving the system’s trauma care
- Introducing the 4Ms to architecture and design faculty to inform aging-in-place and smart cities of the future
- Nurturing the sustained use of telehealth by older adults through digital access and phone
- Leading a monthly caregiver support group for the Delaware Valley chapter of the Alzheimer’s Association
- Integrating the 4Ms into care provided at the ACE (Acute Care for Elders) unit
- Integrating the 4Ms into the Senior Adult Oncology Center to provide age-friendly care to a geriatric oncology population
- Incorporating 4Ms into curricula at Sidney Kimmel Medical College and Interprofessional Education programs
- Aligning 4Ms with culturally appropriate language and practices to meet the distinct needs of their older-adult community

The Center was an early adopter of Age-Friendly Health Systems 4Ms Framework as a member of the movement’s first cohort.



They wasted no time in collaborating with colleagues throughout the system and community to frame and advance older adult care using the 4Ms, creating a path for others to follow:

- The Center started with What Matters, adapting the All About Me form from Kaiser Permanent, to pinpoint patient priorities.
- It then added screenings for medication, mentation, and mobility to each visit and annual checkups to drive care decisions and support services.
- The Center used the 4Ms to explain key geriatrics performance metrics (falls, medication reconciliations) to primary care and other colleagues, who are often held to different measures.
- In the works is a systemwide dashboard to screen for falls, depression, and other key 4Ms-related metrics.

“We wanted to join a leading movement and use it as a launch pad to become a true age-friendly practice and system.”



Susan Parks, MD
Medical Director,
Jefferson Center for Healthy Aging
Director,
Division of Geriatric Medicine
Jefferson Health

More older adults seeking memory assessments prompted a dementia care management program.



The Center successfully implemented UCLA’s Alzheimer’s and Dementia Care (ADC) program, integrating this model with 4Ms practices and creating a dedicated Dementia Care Specialist to provide person-centered care for patients with dementia and support to their caregivers.

“Addressing a major gap in dementia care by working closely with patients and their caregivers to guide them through this challenging condition is a key mission of our program.”



Judith Heredia, MSN, CRNP
Family Nurse Practitioner and Dementia Care Specialist
Jefferson Family Medicine and Center for Healthy Aging
Department of Family and Community Medicine
Alzheimer’s Dementia Care Program
Jefferson Health

Achievements

Jefferson Center for Healthy Aging has gained rising visibility for its geriatrics best practices.



Recognized
by IHI as an
Age-Friendly Health
System Committed to
Care Excellence



Honored
as a Geriatric
Oncology Center
of Excellence



Distinguished
as high performing
in geriatrics by
*U.S. News & World
Report* in 2022-2023

About Age-Friendly Health Systems

According to the US Census Bureau, the US population aged 65+ years is expected to nearly double over the next 30 years, from 43.1 million in 2012 to an estimated 83.7 million in 2050. These demographic advances, however extraordinary, have left our health systems behind as they struggle to reliably provide evidence-based practice to every older adult at every care interaction.

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 to meet this challenge head on.

Age-Friendly Health Systems aim to: Follow an essential set of evidence-based practices; Cause no harm; and Align with What Matters to the older adult and their family caregivers.

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ihi.org/AgeFriendly