

Age-Friendly Recognition Sprint Invitation to Join

Begins September 2026

Open to paired teams of long-term care
pharmacies and nursing homes

Age-Friendly 
Health Systems

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).



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Age-Friendly Health Systems Overview

Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation, the Institute for Healthcare Improvement (IHI), and the American Hospital Association.

Age-Friendly Health Systems aim to:

- Follow an essential set of evidence-based practices (4Ms: What Matters, Medication, Mentation, and Mobility);
- Cause no harm; and
- Align care with What Matters to the older adult.

These systems reliably and equitably provide a set of four evidence-based elements of high-quality care, known as the 4Ms, to all older adults in the health care system. When implemented together, the 4Ms (What Matters, Medication, Mentation, and Mobility) represent a broad shift by health systems to focus on the needs of older adults.

Since 2017, we at IHI have learned tremendously from health care delivery systems that have demonstrated what it takes to successfully adopt the 4Ms Framework in a range of care settings. IHI now recognizes hospitals, ambulatory care, nursing homes, convenient care clinics, skilled home health, and hospice for their work to improve care for older adults. Along the way, partnerships have developed across the health care ecosystem and demand for 4Ms care and recognition in new care sites has grown.

Pharmacies and pharmacists play essential roles in supporting age-friendly care for older adults across care sites. The American Society of Consultant Pharmacists (ASCP), in partnership with the University of Maryland School of Pharmacy Peter Lamy Center on Drug Therapy and Aging, formally joined the Age-Friendly Health Systems movement in 2024. ASCP has led the way to formalize the role of pharmacists and pharmacies in the care of older adults across all 4Ms and is the first organization to offer age-friendly recognition outside of IHI.

Recognition Sprint Overview

The Age-Friendly Recognition Sprint is a three-month learning and improvement program designed to accelerate the adoption of the 4Ms Framework of an Age-Friendly Health System across nursing homes and their pharmacy partners.

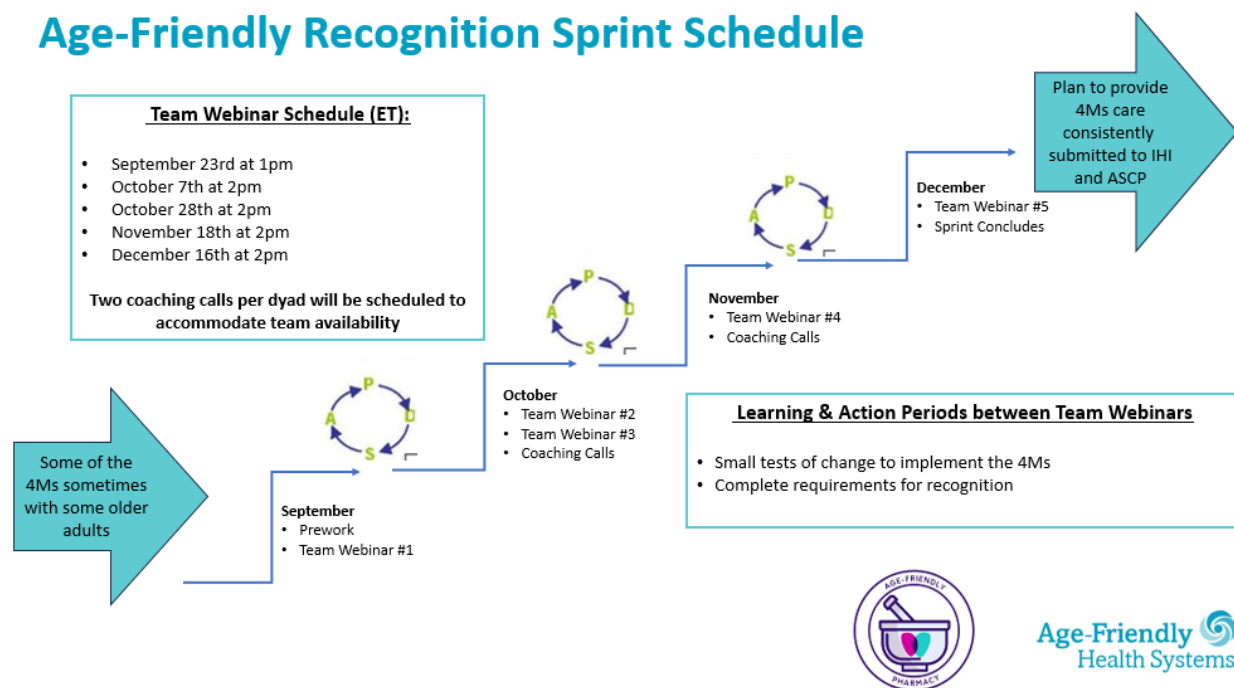
Modeled after the highly successful Age-Friendly Health Systems Action Community approach, the Sprint combines structured learning, practical testing, peer exchange, and coaching support within a condensed timeline. Participating nursing homes and pharmacies enroll as partner teams, working side-by-side to implement and strengthen age-friendly care delivery while pursuing separate, setting-specific recognition pathways through IHI and ASCP.

By fostering stronger collaboration between nursing home teams and pharmacists, the Sprint creates opportunities to align medication decisions with resident goals and preferences, reduce potentially inappropriate medications, improve management of cognitive and mobility-related risks, and enhance overall quality of care for older adults.

Participating organizations, together in their team dyads – pairs of one nursing home and one long-term care pharmacy –will engage in a series of team webinars, small group coaching sessions, action periods for testing changes, and recognition preparation activities. Throughout the Sprint, teams will complete small-scale tests of change, collect evidence of implementation, and develop sustainable workflows that embed the 4Ms into routine practice (see Figure 1).

At the conclusion of the program, each nursing home and pharmacy will prepare and submit recognition materials specific to each setting, while jointly contributing a partnership story that highlights the impact of interdisciplinary collaboration on resident outcomes and experience.

Figure 1. Age-Friendly Recognition Sprint



Participation Criteria

The Recognition Sprint is open to US long-term care pharmacies and nursing homes in paired teams interested in implementing 4Ms care in a partnership model. To apply, teams must meet the following criteria:

- **Identify a partner** to form a pharmacy and nursing home dyad for team engagement
- **Form an Improvement and Implementation Team:** A successful improvement and implementation team includes a leader who can lead 4Ms testing and implementation across the pharmacy and nursing home settings (or co-leads working collaboratively). The leader will assemble a team of 2–4 people from across the dyad partnership who are ready to support age-friendly care implementation. The cross-functional team should include individuals with capacity for, experience in, and motivation to engage in quality improvement activities. The estimated time commitment for the Sprint is 7 hours per person total over three months.

- **Commit to Age-Friendly Recognition:** The overall aim of the Sprint is to assist all participating nursing home and pharmacy pairs to achieve age-friendly recognition by the end of 2026.

Enrollment Fee

The Recognition Sprint is generously supported by The John A. Hartford Foundation so there is no fee for health systems to participate. There are also no costs associated with nursing home recognition beyond the time of staff to participate in Recognition Sprint activities. Age-Friendly Pharmacy recognition requires a business membership with ASCP, which can be purchased at a variety of tiers depending on desired services. For more information please visit:

<https://www.ascp.com/page/agefriendlypharmacy>

Timeline

August 31, 2026	Recognition Sprint interest forms due
September 4, 2026	IHI selects and notifies up to 12 pairs (nursing home and pharmacy) to participate
September	Pre-work, including Team Webinar #1
October	Team Webinars #2 and #3; Coaching Session #1
November	Team Webinar #4; Coaching Session #2
December	Team Webinar #5
December 31, 2026	Sprint concludes; all teams have submitted to be recognized

Pre-Work

All participating pairs will submit a letter of intent that details their commitment to participate and work toward the aim of becoming recognized as an Age-Friendly Health System. Email the letter to AFHS@ihi.org.

To prepare for success in the Recognition Sprint, it is recommended that participants review the Guide to 4Ms Care for their site type.

- [Guide to Care of Older Adults in Nursing Homes](#)
- [Guide for Recognition of Age-Friendly Pharmacy](#)

Nursing homes can access targeted age-friendly resources (recorded case studies, FAQs, and more) on [the IHI website](#).

Pharmacies can learn more on the [ASCP website](#).

Sprint Activities

Team Webinars: Five 1-hour sessions to learn about the 4Ms and quality improvement in the context of the nursing home and pharmacy settings. Impactful practices will be shared to test and adapt at your site. Team webinars provide an opportunity for learning, networking, and refinement of improvement and implementation tactics. Teams receive coaching from expert faculty, including an Improvement Advisor, and also generate ideas with peers.

Action Periods: Between Team Webinars, teams will test changes to implement the 4Ms.

Coaching Calls: Participants will attend two 1-hour coaching sessions with setting-specific faculty and an Improvement Advisor who bring expertise in leveraging improvement methods.

Why Participate?

Participating health systems will have the chance to be pioneers in the accelerated adoption of the 4Ms via an innovative partnership model. Benefits include:

- Access to expert faculty, including an Improvement Advisor, who specialize in age-friendly pharmacy and nursing home practices;
- Learning from peers in an “all teach, all learn” environment that includes targeted implementation webinars and small group coaching;
- Activities that guide the development, testing, and implementation of 4Ms care delivery;
- National recognition from IHI, ASCP, and The John A. Hartford Foundation as an Age-Friendly Nursing Home and Pharmacy

What Data Submission is Required?

To participate in the Recognition Sprint and be recognized as an Age-Friendly Health System, you will share with IHI or ASCP how you plan to put the 4Ms into practice according to the requirements of assessing and acting on the 4Ms. Successful completion of this initial step will result in the nursing home and pharmacy being recognized as Age-Friendly Health System Participants.

Ready to Learn More?

Reach out to IHI Project Manager Amanda Meier with any questions: ameier@ihi.org.

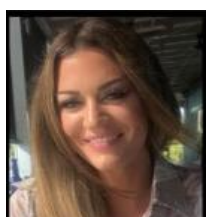
How to Express Interest to Participate

The [Interest Form](#) may be completed online. IHI and ASCP staff will be in touch by September 4, 2026 to confirm participation status.

Appendix: Recognition Sprint Staff and Faculty



Nicole Brandt, PharmD, MBA, BCGP, FACP, is a professor in the Department of Practice, Sciences, and Health Outcomes Research (P-SHOR) and executive director of the Peter Lamy Center on Drug Therapy and Aging at the University of Maryland School of Pharmacy. She is currently leading initiatives to integrate sustainable pharmacist-directed services to help older adults with multiple co-morbidities at the MedStar Center for Successful Aging. Dr. Brandt has been active in promoting optimal care for older adults and has affected this through her educational, clinical, as well as health care policy work on a state, national, and international level.



Taylor McMahon, RN, CDP, CNDLTC, serves as the Administrator at The Willows Presbyterian Senior Care Network in Oakmont, Pennsylvania, while also pursuing further education. She is a graduate of CCAC Boyce and City University of New York. She started her nursing career with Presbyterian Senior Care Network in 2014 and has held various roles leading including Director of Nursing. She was the project lead for IHI's Age-Friendly System-Wide Spread Collaborative and champion for Revisiting the Teaching Nursing Home Initiative. She completed the American Delirium Society's Borten Nursing Fellowship and is still an active advocate for delirium care. Taylor also completed the American Hospital Association Next Generation Leadership Fellowship with a project focus of embedding the Age-Friendly Framework in the affordable housing sector and to aid in personal and professional development to better serve her team and residents. She was a contributing author of *Practice and Leadership in Nursing Homes: Building on Academic Partnerships*. Taylor was also a nominee for the Nightingale Award for Nursing Leadership 2023.



Amanda Meier, BSW, MA, is a Project Manager at the Institute for Healthcare Improvement. She supports the Age-Friendly Health Systems Action Communities, nursing homes, and Age-Friendly Health Systems spread work. Amanda has worked directly with older adults and their families in clinical and community-based settings, including nursing homes, sub-acute rehabilitation, and hospice. She is a gerontologist with extensive experience in social work, advance care planning, and public speaking. She lives with her family in Colorado.



Amanda Norton, MSW is a Quality Improvement Advisor and Consultant. Over the past 15 years, Amanda's expertise in improvement science and measurement have helped dozens of learning collaboratives and innovation projects to achieve desired results. A dedicated educator and coach, she mentors and advises improvement-focused healthcare professionals working in

a variety of different roles. Her experience in evaluation, Lean methodology, strategic planning, grant writing and learning design help clients to have a wider view of the possibilities in their work. Amanda has a Master's Degree of Social Work and a Certificate of Advanced Study in Health Services Management and Policy from Syracuse University.



Barbara Zarowitz, PharmD, MSW, BCGP, BCPS, FASCP, FPALTC is a Geriatric Pharmacotherapy and Clinical Research Consultant at the Peter Lamy Center on Drug Therapy and Aging at the University of Maryland School of Pharmacy. Previously, Dr. Zarowitz was Vice-President, Pharmacy Care Management at Henry Ford Health System; Vice-President and Chief Clinical Officer at Omnicare, Inc; Chief Clinical Officer, Long-term Care for CVS Health; and Adjunct Professor of Pharmacy Practice at the College of Pharmacy and Health Sciences, Wayne State University. She is board certified in Pharmacotherapy (BCPS) and Geriatric Pharmacy (BCGP) and is a fellow of the Society of Critical Care Medicine, American College of Clinical Pharmacy, the American Society of Consultant Pharmacists and the Society for Post-acute and Long-term Care Medicine. She has received 11 leadership, research, teaching and practice awards including the 2015 George F. Archambault Award for outstanding contributions to consultant and senior care pharmacy and the 2022 Howard Guterman Scientific Poster Award in post-acute and long-term care. Her research and health policy impetus is on medication optimization in older adults with complex co-morbidities and health disparities.