

IHI Forum | December 7–10, 2025

# Age-Friendly Health Systems at IHI Forum

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## SF03: Building Community to Advance Research on Health System Adoption and Impact of Age-Friendly Care and the 4Ms Framework

*Sunday Dec 7 | 9:00 AM – 5:00 PM | Julia Adler-Milstein, Pierre Barker*

The Age-Friendly Health Systems (AFHS) Research Network has already attracted over 500 participants and identified priority research areas. This pre-conference scientific session offers a timely opportunity to advance a shared research agenda. Participants will engage in presentations of emerging studies, explore key evidence gaps, and collaborate on strategies to strengthen the research foundation needed to scale and sustain age-friendly care.

## MF01: Certified Professional in Age-Friendly Health Care (CPAFH) Review Course

*Monday Dec 8 | 8:00 AM – 4:00 PM | Sue Deaton, Kim Smashe*

IHI offers review courses to experienced age-friendly health care professionals who plan to take the Certified Professional in Age-Friendly Health Care (CPAFH) examination. The CPAFH Review Course can help participants prepare for the CPAFH exam by reviewing domain content areas and test-taking strategies. The CPAFH Review Course is not required to pass the exam. Participation does not guarantee a passing score.

## Health Equity and Age-Friendly Health Systems Reception

*Monday Dec 8 | 7:00 – 8:00 PM*

All Forum attendees are invited to meet and connect at a reception with IHI leaders and staff as well as colleagues from around the world to discuss equity and age-friendly initiatives at their organizations.

## RS02: Age-Friendly Health Systems: Join the Movement to Improve Care for Older Adults

*Tuesday Dec 9 | 7:15 – 8:00 AM | KellyAnne Johnson*

This session will explore the development and spread of the AFHS movement, grounded in the evidence-based 4Ms Framework: What Matters, Medication, Mentation, and Mobility. Participants will gain insight into how the 4Ms are driving improved outcomes and reshaping clinical practice across care settings. Case study examples explore how health systems have adopted the 4Ms system-wide and how their work aligns with the new CMS Age-Friendly Hospital Measure. We will conclude with practical guidance on how to begin or advance your 4Ms journey.

## A19: Fueling the Aging Revolution: From 4Ms Implementation to a Systemwide Aging Institute

*Tuesday Dec 9 | 9:45 – 10:45 AM | Susan Kwiatak, Isabella Park, Alyssa Scully*

Northwell Health launched a systemwide movement to transform care for older adults – extending health span, delaying frailty, preventing disability, and reducing the impact of accelerated aging. Recognizing the growing complexity of an aging population, Northwell established the Aging Institute to embed age-friendly principles across the continuum of care. This enterprise-wide approach has aligned system practices with 4Ms Framework, advanced dementia care, expanded caregiver services, and laid a foundation for equity-driven community engagement.

## B04: Age-Friendly Patient Empowerment – Case Examples from IHI and AARP Community of Practice

*Tuesday Dec 9 | 11:15 AM – 12:15 PM | Kate DeBartolo, Joy Hughes, Kerri Maya, Lynn Mertz*

The team at IHI created “My Health Checklist” – a free tool to help older adults get the most out of their medical appointments, based on the 4Ms. To learn more about dissemination opportunities in health settings, IHI and AARP executed a community of practice involving staff from diverse health care practice. This session will cover learnings and best practices on how health systems helped older adults feel more empowered to manage their own care.

## Keynote 3: Eric Topol

*Tuesday Dec 9 | 2:00 – 3:00 PM*

Dr. Eric Topol is an internationally renowned physician-scientist known for his pioneering work using artificial intelligence, deep data, and genomics in the practice of individualized medicine. He is the Executive Vice President and a professor of molecular medicine at Scripps Research, the largest non-profit biomedical institute in the United States, and founder and director of the Scripps Research Translational Institute. One of the top 10 most cited researchers in medicine, he is also a practicing cardiologist.

As director of the Scripps Research Translational Institute, Dr. Eric Topol is leading the charge to revolutionize health care and radically improve human health through individualized medicine, which uses AI and genomic and digital data to tailor diagnosis, prevention, and treatment to the unique biological and social profile of the individual rather than to the “average” human of traditional medical science.

## C10: Pecha Kucha Presentations 2 – Aligning Surgical Plans with Health Care Goals in Our Older Patients

*Tuesday Dec 9 | 3:30 – 4:30 PM | Gregory Auda, Rosie Bartel, Jenny Bernard, Mary Brooks, Erin Glantz, Lisa Shieh, Jessica Tran, Khurran Mehtabdin*

The OHSU Geriatric Transitions of Care clinic uses the 4Ms Framework to assess risks early and guide safer care. Through baseline cognitive and mobility testing, medication review, and shared decision-making, the clinic provides tailored recommendations such as de-prescribing or pre-op physical therapy. In some cases, surgery is deferred. This early pilot aims to align care with patient goals and reduce post-op complications in vulnerable older adults.

## C07: System Strategies for Accelerating Spread of Age-Friendly Care

*Tuesday Dec 9 | 3:30 – 4:30 PM | Pierre Barker, Christina Southey*

As the Age-Friendly Health Systems movement continues to grow, health systems are leveraging quality improvement methods to drive reliable and scaled implementation. This session spotlights four health systems that exemplify excellence across the primary drivers of spread: Leadership, System Capabilities, Care Team Capabilities, Measurement, and Equity. Participants will gain inspiration and practical strategies to apply in their own settings.

## Aging in America: Survive or Thrive – The Urgent Need for Age-Friendly Care

*Wednesday Dec 10 | 9:45 – 11:15 AM | Rani Snyder*

This 90-minute session features a full screening of the PBS documentary *Aging in America: Survive or Thrive*, followed by an engaging panel discussion and audience Q&A. The film offers a powerful exploration of what it means to grow older in today's society – and how health care must evolve to meet the complex needs of an aging population. After the screening, panelists will dive deeper into the film's core themes and share insights.

## E14: Pecha Kucha Presentations 3 – Emergency Medical Services, an Unexpected Partner in Palliative Care

*Wednesday Dec 10 | 11:15 AM – 12:15 PM | Joseph Abreau, Christine Borsinger, Michelle Espinoza, Jonsebastian Orozco, Kimberly Singletary, Nick Tsipis, Carolina de Elia*

Many patients prefer to spend their final days at home, but limited resources and unpredictable symptoms often prevent this. Community paramedicine offers an innovative solution – providing timely, in-home support to manage symptoms, reduce distress, and avoid unnecessary hospitalizations. It empowers patients to make informed choices, supports caregivers with guidance and respite, and promotes autonomy and dignity at the end of life.