

Age-Friendly Care System-wide Spread Plan

Guidance for Completing the Spread Plan

The System-wide Spread Plan (Spread Plan) is a tool to help your team articulate a vision for the spread of the 4Ms across the health system and document those actions necessary to meet your aim for system-wide spread.

The Spread Plan is based on the three fundamental questions of the [Model for Improvement](#):

- **What are we trying to accomplish?** The answer is the spread aim.
- **What changes can we make that will result in an improvement?** The answer leads to specific change ideas and activities.
- **How will we know if a change is an improvement?** The answer informs the plan for measures.

The Spread Plan is designed to be completed by the interdisciplinary team who will lead spread of the 4Ms across your health system. It is recommended that the Spread Plan be used as part of an iterative process. IHI recommends using the [Age-Friendly Care System-wide Spread Self-Assessment](#) before completing your first draft of the Spread Plan to get a sense of where your system might want to focus. Update the Spread Plan as your activities progress and new insights are gained. We hope that this tool will support your learning and improvement as you pursue reliable, equitable age-friendly care for all older adults in your health system.

Age-Friendly System-wide Spread Plan

System Name: _____

Date of Last Update: _____

Current State Where does your system currently provide 4Ms care? If you have completed the System-wide Spread Self-Assessment, which areas showed strength? Which areas showed room for improvement?
System Aim What is your goal for spread of the 4Ms across your system? What percent of total sites will be recognized, and by when? (Choose a date.) What percent of older adults who receive care in those sites will receive 4Ms care? By when?

System Measures

Complete sections that correspond to care settings that are part of your 4Ms spread. Suggested measures can be found in the [Cross-Setting Measurement Guide](#).

Hospitals

Process Measures	Outcome Measures	Balancing Measures

Ambulatory Practices

Process Measures	Outcome Measures	Balancing Measures

Nursing Homes/Skilled Nursing Facilities

Process Measures	Outcome Measures	Balancing Measures

Convenient Care Clinics/Urgent Care Facilities

Process Measures	Outcome Measures	Balancing Measures

Home Health Care		
Process Measures	Outcome Measures	Balancing Measures

Key Activities/Change Ideas for System-wide Spread

For more details on each driver, see the guide, [Spreading Age-Friendly Care: Drivers of Successful Health System-wide Spread of the 4Ms](#). Also see the spread figure at the end of this document.

Driver	Activities in the Next 3 Months	Activities in the Next 6 Months

Barriers and Enablers

Identify specific barriers to your spread plan that need to be addressed or mitigated, and specific enablers your team can leverage to support achieving your goal.

Barriers to Spread	Plan to Mitigate
Enablers of Spread	Plan to Leverage

Communication Plan

Describe what actions you will take to establish and maintain appropriate channels for information sharing about 4Ms implementation and impact, both within your system and external to your system.

Internal Communication Plan

External Communication Plan

Site Sequence Planning

Use this table to plan the sequence of spread activities to the intended spread sites within your system. Complete sections that pertain to settings that are a part of your system.

Hospitals

Process Measures	Outcome Measures	Balancing Measures

Ambulatory Practices

Process Measures	Outcome Measures	Balancing Measures

Nursing Homes/Skilled Nursing Facilities

Process Measures	Outcome Measures	Balancing Measures

Convenient Care Clinics/Urgent Care Facilities

Process Measures	Outcome Measures	Balancing Measures

Home Health Care		
Process Measures	Outcome Measures	Balancing Measures

Figure 1: Age-Friendly Health Systems System-Wide Spread

Age-Friendly Health Systems System-Wide Spread

