

Building an Age-Friendly Health System in New York State

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The Age-Friendly Movement

Age-Friendly Health Systems is a growing national movement, designed to improve care for older adults by focusing on what matters most to each patient.

2017

- New York State was designated by AARP as the first Age Friendly State.

2018

- The state of the state included a commitment to have 50% of New York State health systems become Age-Friendly in 5 years.

2020

- HANYS launched the New York State Age-Friendly Action Community.



HANYS

Your statewide hospital and continuing care association

Mission statement

To advance the health of individuals and communities by providing **leadership, representation and service** to healthcare providers and systems **across the entire continuum of care**



Age-Friendly Health Systems Partners

This work is possible thanks to the generous support of our funding partners,



and the founders of the Age-Friendly movement:

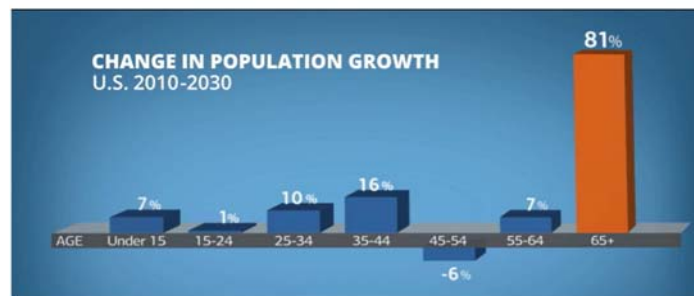


Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI) in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA).

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Why Age-Friendly? Why now?

- Nationwide, the population of adults over 65 is predicted to double between 2015 and 2060
The number of U.S. residents over 85 is expected to triple by 2050
- The needs and expectations of this population are changing
Demographic changes and increased focus on health equity require re-examination of practices



The first baby boomers
(Dora's parents among them!)
are 75 right now

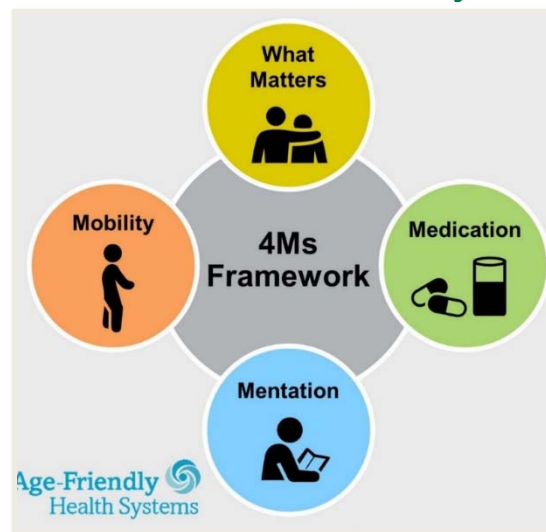


The Age-Friendly Movement

The Age-Friendly initiative addresses common issues older adults face navigating the healthcare system by structuring care around **what matters most** to each patient.

The four key elements of Age-Friendly care are known as the 4Ms: **What Matters, Medication, Mentation, and Mobility.**

While most health systems integrate at least one of the 4Ms into the care of older adults, an Age-Friendly Health System reliably practices **all 4Ms with every older adult, every day.**



What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

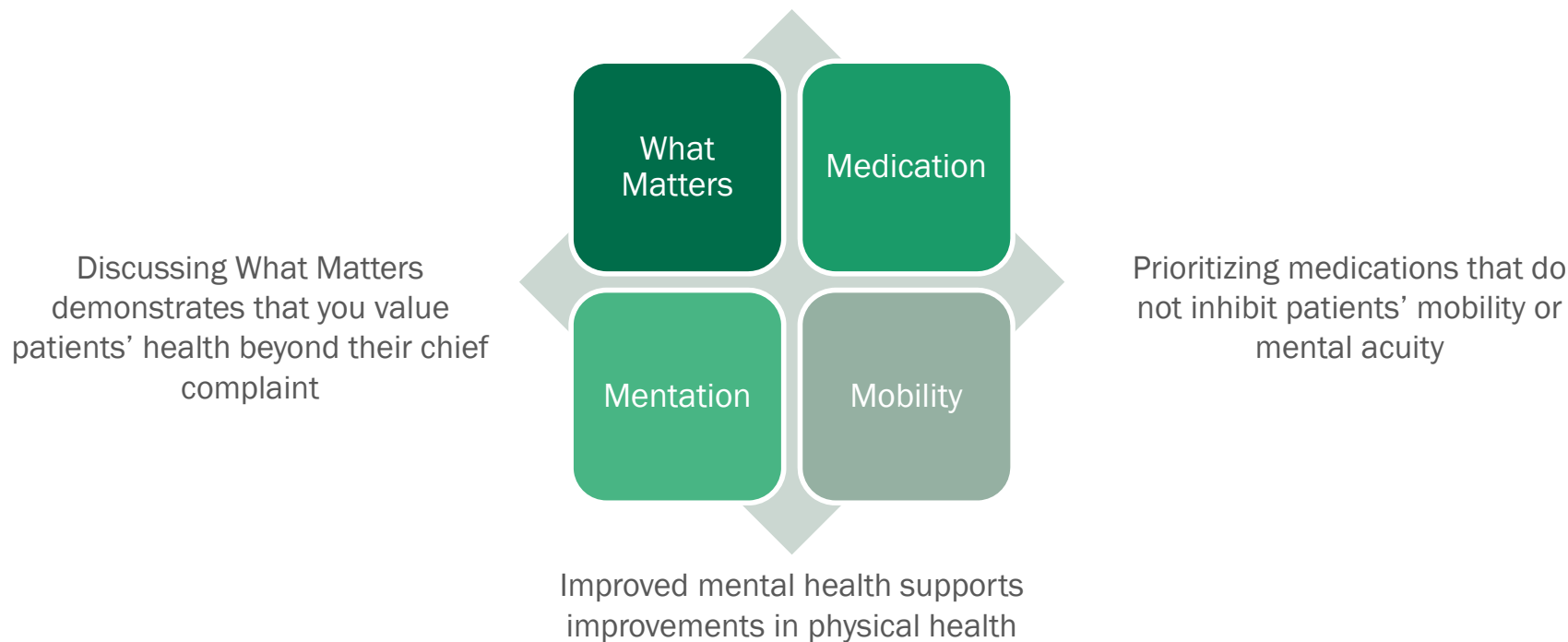
Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.



How do the 4Ms Interact?

What Matters conversations may highlight opportunities to adjust patients' medications or help make them more accessible



What does this look like in practice?



What Matters

- **Assess:** ask the patient what matters most;
- **Act On:** document what matters and incorporate it into the care plan.



Medication

- **Assess:** review patient's medications at least once per visit (inpatient) or once a year (ambulatory);
- **Assess:** screen for high-risk medications;
- **Act On:** de-prescribe as needed.



Mentation

- **Assess:** screen for depression and dementia;
- **Assess:** identify drivers of depression (i.e., social determinants or medication side effects);
- **Act On:** if needed, refer for further evaluation or treatment.



Mobility

- **Assess:** identify patient's highest level of mobility;
- **Act On:** help patient to set mobility goals;
- **Act On:** identify and address barriers to achieving mobility goals;
- **Act On:** track improvement.

Collaboration at the community level

- Nothing about us without us!
- The Aging Service Network has been asking “What Matters” for over 50 years



Image courtesy New York Foundation for Senior Citizens



The New York State Action Community

The New York State Action Community is a learning collaborative that provides support and accountability to participating facilities as they test, implement and scale up 4Ms interventions in their care settings.

The Action Community has 37 Age-Friendly Health Systems:

-  23 Hospitals
-  7 Post-Acute Care Facilities
-  2 Federally-Qualified Health Centers
-  5 Ambulatory Practices



Thank you.

The HANYS Age-Friendly Team
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The Statewide Voice for New York's Hospitals and Health Systems

