

Age-Friendly Health Systems 4M Framework

Introducing Age-Friendly Health Systems (AFHS) and Its Role in the PA TNHC

Age-Friendly Health Systems (AFHS) is an evidence-based framework developed by the Institute for Healthcare Improvement (IHI) to enhance the quality of care for older adults. By focusing on the 4Ms—What Matters, Medication, Mentation, and Mobility—AFHS ensures that care is tailored to the specific needs and preferences of older patients.



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.

Why We Use AFHS in the PA Teaching Nursing Home Collaborative (PA TNHC)

In the PA Teaching Nursing Home Collaborative (TNHC), AFHS serves as the foundation for our evidence-based practices. We integrate the AFHS 4Ms framework into our collaborative efforts to transform care in nursing homes through academic-practice partnerships. This approach not only aligns with the latest best practices in age-friendly care but also supports the ongoing education and training of nursing students and staff. To help you understand how AFHS and other related initiatives support our goals, here's a comparison of key programs and resources:

Initiative	1. Age-Friendly Health Systems (AFHS) by IHI	2. Age-Friendly Care PA	3. PA LTC RISE	4. PA Teaching Nursing Home Collaborative (TNHC)
What it is	National framework to deliver age-friendly care using the 4Ms	PA resource hub with tools for NHs and SONs to promote age-friendly care	PA initiative offering guidance for nursing homes to adopt age-friendly practices	Partners NHs and SONs to use AFHS principles in practice and education.
Key Features	Levels: Participating & Committed to Care Excellence Complete & Submit 4Ms Description Form Resource: Guide and Workbook	Provides online learning modules, 4Ms worksheets, and videos for both NHs and SONs. CEUs available for nurses Practical tools, tips, and emergency assistance resources are available.	Offers tailored guidance to help Pennsylvania nursing homes implement the Age-Friendly Health Systems model.	Tiers: Planning and Performing Integrates 4Ms into education and practice. Collaboration between nursing homes and schools of nursing Resources and shared experiences.
Link	AFHS by IHI	Age-Friendly Care PA	PA LTC RISE Program	PA TNHC