



Care for older Veterans starts with the 4Ms.

✓ **What Matters**

Your health care needs may change as you get older. That is why we recommend regularly discussing your concerns with your team.

At each clinic visit, bring a list of questions you may have about your health, information about recent hospital or emergency care, your current medication bottles (including all non-VA and over the counter medications).

Join your team in making decisions and a plan of care just for you.

Provide your health care team with a copy of your advance directive, life sustaining treatment plan, or power of attorney forms if you have them.

*Age-Friendly care designed around **what matters most to you.***

Learn more at:
www.va.gov/geriatrics

VA



U.S. Department
of Veterans Affairs

Approved by VA Office of
Geriatrics and Extended Care.



Maintaining Good Health is a Team Effort

Age-Friendly Care for Older Veterans

*Improve your health by talking with your health care team about the 4Ms: **What Matters** most to you, **Medication**, **Mind**, and **Mobility**.*

✓ Mind

Older adults are at risk for depression, delirium (sudden confusion), and dementia (losing mental abilities over time).

What can you do?

- ✓ Get screened for depression during your annual physical and report concerns about your memory to your health care team.
- ✓ To avoid delirium: take your medications as prescribed, stay hydrated and eat a healthy diet, get adequate sleep, and report any signs or symptoms of infection. If you become confused suddenly, seek emergency care.
- ✓ Stay active in your community and reach out to friends and family for support.

✓ Medications

Some medications affect us in new ways as we age including side effects which may increase risk of falls.

What can you do? Talk with your health care team and make sure all your medications are safe to take together. Tell your team about all over the counter medications, vitamins, herbs, and supplements you take.

✓ Mobility

It is important to think about exercising to maintain strength, balance, and flexibility. Talk to your team about preventing falls, moving safely, and remaining independent.

The 4Ms of Age-Friendly Care

Maintaining good health is a team effort. A team of health care providers helped Carla recover from her hip replacement and safely return home.

- ✓ **What Matters:** Carla's spouse and son were involved in every part of her care. The extended care staff including social work made arrangements for her to return home as soon as she was able and her primary care team coordinated her follow up.
- ✓ **Mobility:** Physical therapy taught her strengthening exercises during her stay and supported her recovery at home.
- ✓ **Medication:** Her pharmacist answered questions about her new medications and checked that they would not interact with the ones she was already taking.
- ✓ **Mind:** A psychologist aided her in coping with all the changes after her surgery and dealing with depression.

Every Veteran's needs are different. Who is on your team?



Talk about what matters most to you, how to remain physically active and avoid injury, discuss your medications, and tell your team about your mood and memory.