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.

Learn more at: www.va.gov/geriatrics

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

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.
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?