



The 4Ms of an Age-Friendly Health System

Improving care for older Veterans

When health care providers and Veterans pay attention to the 4Ms of Age-Friendly care - **What Matters, Medication, Mind, and Mobility** - we can focus on each Veteran's unique health care needs.

You are the expert. Talk to your VA care team about your health concerns, goals, medications, mood and memory, and learn how to stay physically active or improve your mobility. Ask about an advance directive or life-sustaining treatment plan to document your care preferences.

Talk to your VA care team today or visit www.va.gov/geriatrics to learn more about Age-Friendly care.

What Matters

You are a partner in your care plan. Tell your care team what matters most to you so you can reach your health goals.

Medication

Bring all your current medications (even over-the-counter) for your care team to review. Report any bothersome side effects.

Mentation (Mind)

Screening for depression, delirium, and being alert to the warning signs of dementia is important. Discuss concerns about your memory and mood with your team.

Mobility

Moving safely every day helps to maintain function and do more of what matters most.

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

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