

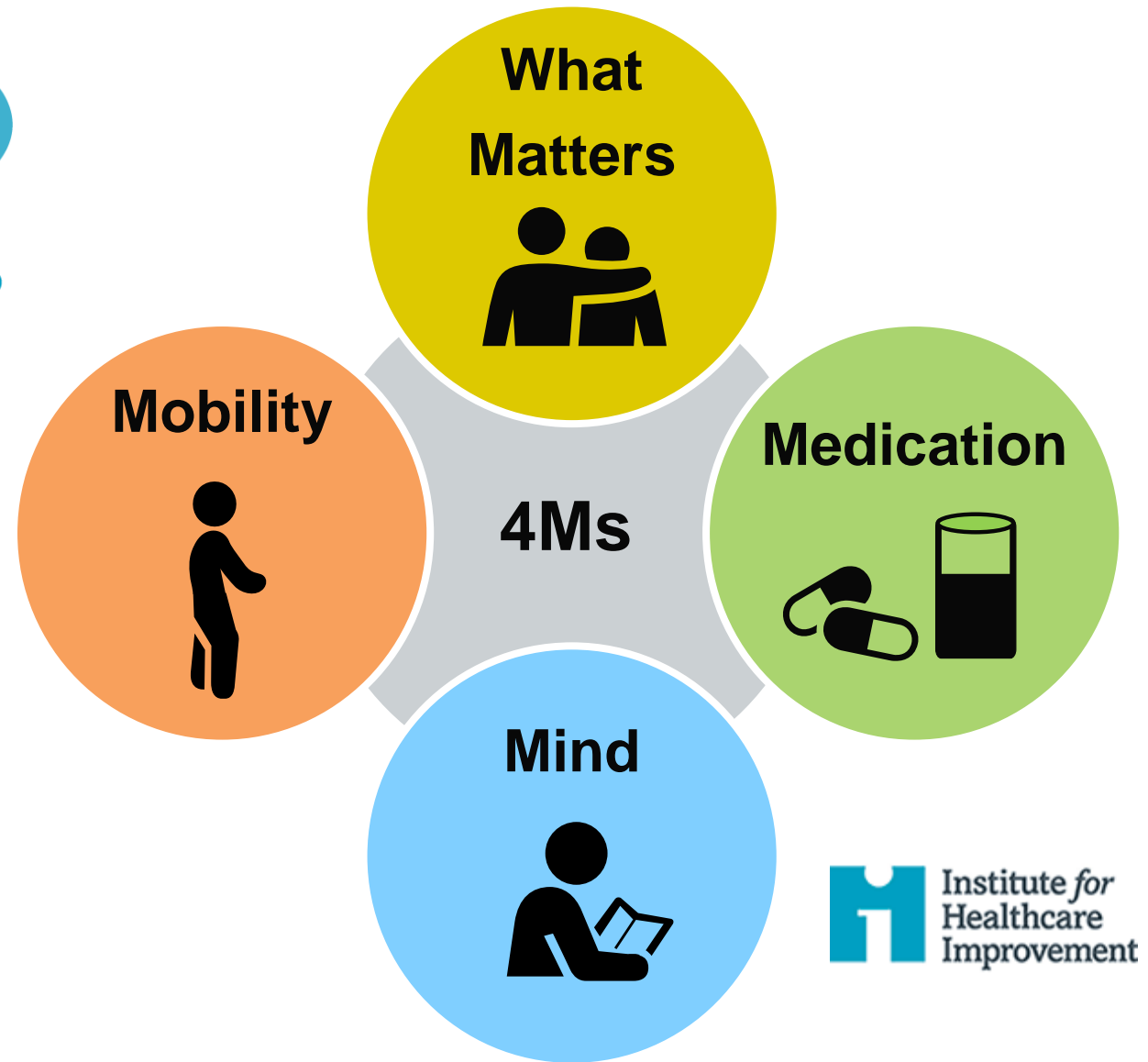
Rush System for Health

# Age-Friendly Health Systems

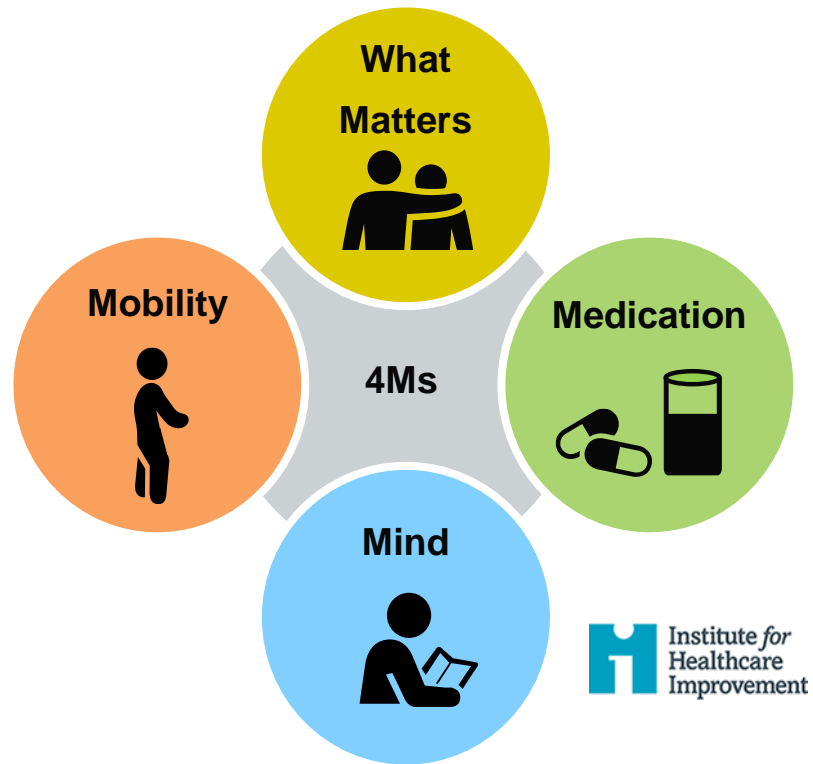
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# Age-Friendly Health Systems



# Age-Friendly Health System Impact



- **Better**
  - Patient satisfaction
  - Activities of Daily Living
  - Quality of life
  - Hospice use
- **Fewer**
  - Hospital stays
  - Harmful events
  - Falls

# Health happens in the community

## Better care for older adults...



### It starts with the 4Ms.

In this guide, learn how to improve your health by talking with your health team about the 4Ms:

### What Matters, Medication, Mind, and Mobility.

This brochure was co-designed by older adults and family caregivers, in partnership with Rush University Medical Center, and Community Catalyst.



As you age, your needs might change. No matter what's going on, *you* are the person who should decide what's best for your health.

#### What You Can Do

- ✓ Make a list of questions to ask at each visit.
- ✓ Make sure you agree with everything in your care plan.
- ✓ Make sure your providers have copies of your Healthcare Power of Attorney form.



*"I'm the main caregiver for my mom, who has dementia. I wouldn't have it any other way. I work full time, so it would work best to have one person coordinating mom's care."*



You might take many medicines now, which can mean more side effects. Some drugs affect us in new ways as we age, too.

#### What You Can Do

- ✓ Talk with your provider. Make sure you need all of your medicines. Make sure you understand the side effects, too.
- ✓ Ask how medicines interact with each other.
- ✓ Tell your providers about any over-the-counter medicine or natural remedies you take, too.



*"When my doctor recommends a new drug, I ask 'Why should I take this? What are the side effects? How does it interact with my other medicines?'"*



Older adults are at risk for dementia (losing mental abilities over time) or delirium (sudden confusion). Depression (ongoing sadness or loss of interest) can be a problem, too.

#### What You Can Do

- ✓ Get screened for dementia and depression yearly.
- ✓ To avoid delirium, take medicines as prescribed. Watch for infections, which can cause confusion, too.
- ✓ If you become confused suddenly, get help right away. Sudden confusion is a medical emergency.



*"My generation may not like to talk about depression, but still we must. Depression is not a normal part of aging. It's treatable."*



It's also important to think about how to get around safely as we get older.

#### What You Can Do

- ✓ Talk with your providers about how you get around at home or go from place to place. What's working or not?
- ✓ Ask about exercises to get strong, flexible, and improve balance.
- ✓ Check your home for rugs or missing handrails that can cause falls. These safety problems are easy to fix.



*"What Matters to me? My independence. I'd like to stay in my own home as long as possible."*

# Rush Center for Excellence in Aging Older Adult Community Engagement



- Social Connection Program
- Top Box Food Delivery
- CATCH-ON Connect
- Rush Generations Programs
- CATCH-ON Online education
- Rush Generations Advisory Council

# Rush Alzheimer's Disease Center



- Educational programs
- Laundromat events
- PPE drives

## To learn more...

Rush Center for Excellence in Aging

- [aging.rush.edu](https://aging.rush.edu)

CATCH-ON Program

- [catch-on.org](https://catch-on.org)

Rush Alzheimer's Disease Center

- <https://www.rushu.rush.edu/research/departamental-research/rush-alzheimers-disease-center>

*Stay safe and healthy!*

