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Together for Tomorrow

Overarching Issue

A Curriculum to Support the Delivery of Age-Friendly Care



AGE-FRIENDLY CARE

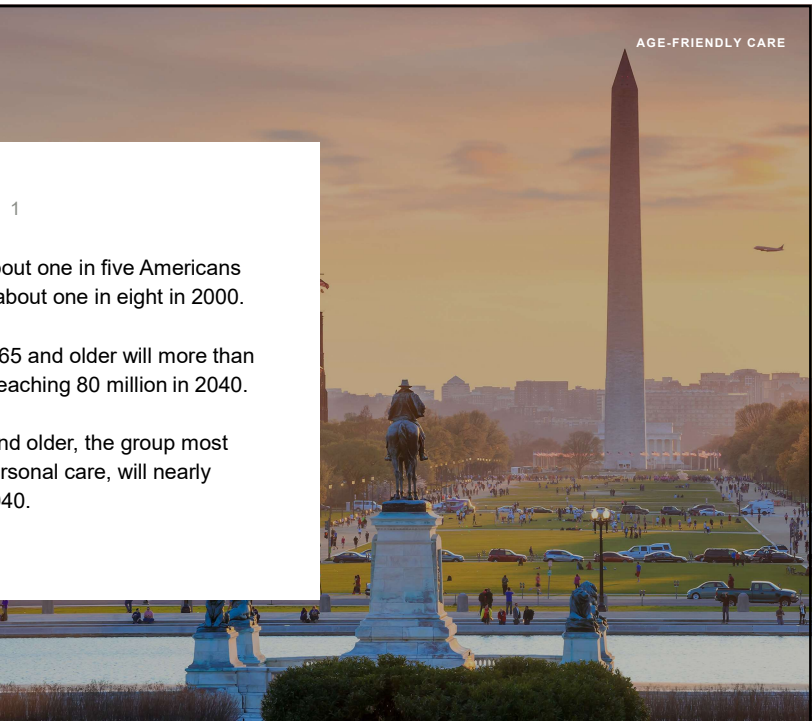
Learning Objectives

Age-Friendly Care

At the conclusion of the module on age-friendly care and the older adult, the learner should:

<p>KNOW</p> <ul style="list-style-type: none"> • Demographic projections for the US and Georgia • Challenges of the current system of care for the older adult • Age-Friendly Care 	<p>DO</p> <ul style="list-style-type: none"> • Commit to completing the engage modules • Demonstrate Age-Friendly Care
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The National Need ¹

- The nation is aging. By 2040, about one in five Americans will be age 65 or older, up from about one in eight in 2000.
- The number of Americans ages 65 and older will more than double over the next 40 years, reaching 80 million in 2040.
- The number of adults ages 85 and older, the group most often needing help with basic personal care, will nearly quadruple between 2000 and 2040.




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The Georgia Need ²

The U.S. Census Bureau estimates that more than 20 percent of Georgia's population will be 60 and older by the year 2030.

An increase of almost 34 percent from 2012.




Some Facts and Considerations ^{2, 3}

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- The number of older adults is increasing
- The number of older adults with multiple comorbidities is increasing
- The lifespan of adults is increasing
- Healthcare for older adults is an obvious concern
- Fewer providers choose geriatrics than other specialties
- Who is going to provide this care?


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Did You Know? ^{3, 4}

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- Healthcare becomes more complex as we age.
- Health systems and healthcare providers are frequently unprepared for this complexity.
- Older adults suffer a disproportionate amount of harm while in the care of the health system.



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Let's Consider 4 Simple Cases

What Are We Missing?




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Case 1


Mr. Abdullah

Mr. Abdullah has a small cataract in his right eye and sees his ophthalmologist annually at the provider's office at ABC Medical Center.

ABC Medical Center has renovated and redecorated its lobby. The industrial look is "in," so the large directory signage of black letters on a white background has been replaced with a smaller sign of narrow dark gray lettering on a lighter gray metallic background.



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Case 2 Ms. Chu

Ms. Chu is seeing her physician assistant for her annual physical exam. The physician assistant completes the examination, reviews her prescriptions, and asks Ms. Chu if she has any questions.

Ms. Chu comments on having seen a TV show where they recommended taking a lot of supplements, which she has made part of her daily routine.

The PA refills Ms. Chu's prescriptions and says she will see her next year.



Case 3 Mrs. Jones

Mrs. Jones has been seeing a physical therapist over the past several years for various musculoskeletal concerns. Her physical therapist recognizes that Mrs. Jones is forgetting appointments and seems to be less able to follow directions.

He asks the front desk staff to call Mrs. Jones on the mornings of her appointments as a gentle reminder and makes sure to give her information about her home exercise program in writing so that she can refer back to it.



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Case 4
Mr. Garcia

Mr. Garcia visits his community pharmacy at least once a month to pick up his prescriptions.

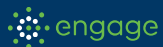
The pharmacist knows Mr. Garcia by name and notices a decline in his balance and ability to ambulate safely since his visit last month.

She continues to fill Mr. Garcia's medication prescriptions and discusses side effects of those medications with him.



**We Need A
Better Way**

A New Framework



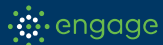
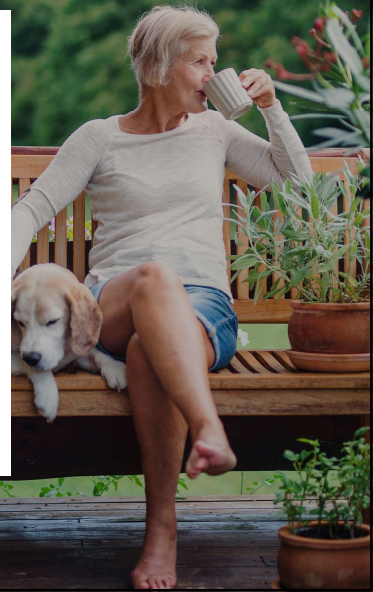
The Age-Friendly Health System ^{4, 5}

In 2017, the John A. Hartford Foundation and Institute for Healthcare Improvement (IHI) in partnership with the American Hospital Association and the Catholic Health Association of the United States developed the concept of the “age-friendly health system.”

A framework or model of essential elements to support high-quality care for older adults.



The John A. Hartford Foundation



The Age-Friendly Health System ^{3, 4}



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The 4Ms ^{3,4}

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 medications are necessary, use Age-Friendly medications that do not interfere with What Matters, Mentation or Mobility.

Mentation
Prevent, identify, treat and manage depression, dementia and delirium across settings of care.

Mobility
Ensure that older adults move safely every day in order to maintain function and do What Matters.

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AGE-FRIENDLY CARE

Definitions

- Geriatric Syndrome**
- Screening**
- Assessment**
- Treatment**
- Age-Friendly Care**

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AGE-FRIENDLY CARE

Definitions

! Geriatric Syndrome

- A multifactorial condition that is prevalent in older adults, and develops when an individual experiences accumulated impairment in multiple systems that compromise their compensatory abilities.
- Common geriatric syndromes include Cognitive Impairment, Chronic/Persistent Pain, Delirium, Depression, Falls, Frailty, Incontinence, Malnutrition, Polypharmacy, Pressure Injury(ies), and Sleep Disturbance.

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AGE-FRIENDLY CARE

Definitions

☑ Screening

- Screening tools are tests or measures to evaluate for diseases and health conditions before symptoms appear.
- Screenings allow for earlier management and referral to appropriate providers.
- An age-friendly provider conducts screenings for conditions that are prevalent in older adults.

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AGE-FRIENDLY CARE

Definitions

🔍 Assessment

- Assessment tools are tests and measures used to evaluate the patient's presenting problem, confirm a diagnosis, determine its severity, and aid in identifying specific treatment options.
- An age-friendly provider uses appropriate assessments, makes referrals, and communicates with the patient's care providers.

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AGE-FRIENDLY CARE

Definitions

🏥 Treatment

- An age-friendly care provider considers the 4Ms when making treatment recommendations so that what matters to the patient is always part of the plan of care.
- An age-friendly provider communicates with the patient, family, and interdisciplinary team.

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AGE-FRIENDLY CARE

Definitions

★ **Age-Friendly Care**

- Age-friendly care is health care that addresses the older adult's unique needs and wants. It is care that is based on what research shows to be the most important aspects to address at each patient encounter – the 4Ms: What Matters, Medication, Mentation, and Mobility.


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AGE-FRIENDLY CARE

Let's think back to those 4 simple cases:

- What was not age-friendly about their experiences?
- What could have been done to maximize age-friendly care?



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4 Cases

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Mr. Abdullah



Ms. Chu



Mrs. Jones



Mr. Garcia



Un-Age-Friendly Care (4Ms)

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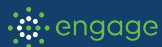
• The hospital has placed decorative changes over the visual needs and abilities of visitors and patients.

• The Pharmacist sees the patient's mobility problem but does not proceed with the indicated screening nor makes the appropriate referral.



• The PA hears the patient comment about taking "lots of new supplements" and does not follow up with questions nor suggests the need for a comprehensive medication review.

• The PT notes the patient's mentation concerns and does not proceed with the indicated screening nor makes the appropriate referral.



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Age-Friendly Care (4Ms)

- Best Practice: Before completing renovations, ABC Medical Center works with professionals to enhance accessibility with regard to signage, lettering, and colors.

- Best Practice: The PA reviews the medications and supplements
- The PA refers the patient for a comprehensive medication review.

- Best Practice: The pharmacist talks with her patient about her concerns.
- Conducts a balance screen.
- Refers patient back to PCP and provides name of a physical therapist.

- Best Practice: The PT asks the patient about cognitive concerns.
- Conducts a cognitive screen.
- Provides that feedback to PCP and Mrs. Jones.

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Curriculum Overview

Overarching Topics	Geriatric Syndromes		
Age-Friendly Health Systems	Chronic Pain	Falls	Polypharmacy
Ageism	Cognitive Impairment	Frailty	Pressure Injury
	Delirium	Incontinence	Sleep Disturbance
	Depression	Malnutrition	


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Curriculum Goals

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The Goals for These Modules

1. Create sustainable, comprehensive age-friendly learning modules for healthcare students and providers.
2. Develop providers who are prepared to provide value-based care to improve health outcomes for every older adult.
3. Make interprofessional practice the standard of care.




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Curriculum Goals

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So That When You Practice in Your Chosen Profession...


- You are prepared to provide value-based care for older adults.
- You are able to leverage collaboration between all healthcare providers and community service providers with the intent to optimize health outcomes for older adults.




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Curriculum Goals



- You have made the first step.
- You understand the goals of age-friendly care and the 4Ms framework
- Continue on with the next module on Ageism, then, proceed to modules on Geriatric Syndromes.



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CHOOSE to Be an Age-Friendly Provider... Everyday... With Each Patient Encounter



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 medications are necessary, use Age-Friendly medications that do not interfere with What Matters, Mentation or Mobility.

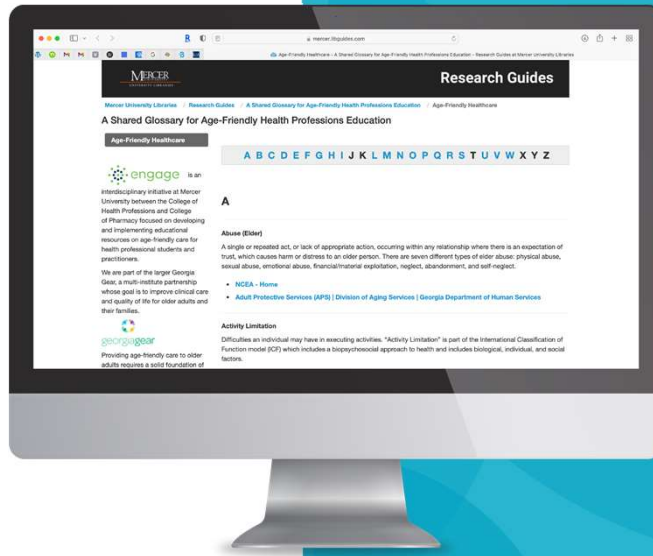
Mentation
Prevent, identify, treat and manage depression, dementia and delirium across settings of care.

Mobility
Ensure that older adults move safely every day in order to maintain function and do What Matters.



Know and Use the Shared Language...
we are all connected



Take this opportunity to **ENGAGE...**
with us, with your patients, their families, and your colleagues.



References

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1. [Urban Institute – The US Population is Aging](#)
2. [Urban Institute – The US Population is Aging](#)
3. [US Census Bureau – Population 65 Years and Older](#)
4. [The John A. Hartford Foundation – Age-Friendly Care](#)
5. [Institute for Healthcare Improvement – Age-Friendly Health Systems](#)



About Engage



Engage is part of Georgia Gear, a multi-institute partnership whose goal is to improve clinical care and quality of life for older adults and their families.

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