

Age-Friendly Care

means including
What Matters, Medications,
Mind, and Mobility
concerns or questions
in the visit with your provider!



What Matters

Your healthcare needs
should align with what
matters to you.



Medication

Your provider and
pharmacist can ensure your
medications are best for you.



Mind

Memory loss and mood (such
as depression) can inhibit
your ability to manage your
health needs. Tell your
healthcare provider if you
experience any of these
changes.



Mobility

Do you move safely about in
your environment daily? Do
you use an assistive device?
Have you had any falls?

Ensure that your provider includes **What Matters** to you regarding your health needs.

Before Your Visit

List questions or concerns here.

During Your Visit

Take some notes here.

My Next Steps (circle all that apply)

Refills
needed?



Rediscover
a hobby.



Make an
appointment.



Use a cane/
walker.



Arrange rides
for my needs.



Talk with
a friend.



Walk daily.



Last vision
screening



Last hearing
screening





**You can be a
self-advocate or
advocate for others.**

Share what is most
important to you or
your loved one.

Speak up if your provider
is talking too quickly,
using words you don't
understand, or
you can't hear them.

Your healthcare
providers want to give
you age-friendly care!



Use your
phone's
camera to
scan this
QR code to
access



MyHealthChecklist

**Researchers at Case Western
Reserve University developed this
guide in collaboration with a patient
advisory council (2022-2024).**

Age-Friendly Health Systems is an
initiative of The John A. Hartford
Foundation, the Institute for
Healthcare Improvement, and the
American Hospital Association.



**Advocating for
Age-Friendly
Care**

**Self-advocacy
is speaking up
for what matters
to you.**

**Ensure you receive
Age-Friendly Care.**