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.

Health is a team effort

A team of providers helped Luis recover from a stroke and move back home – What Matters to him.

Luis’ caregiver is involved in every aspect of his care

His primary care doctor manages overall care

His nurse coordinates his care

A neurologist treated Luis’ stroke

A psychologist helps Luis cope with depression

A physical therapist teaches strength exercises

A pharmacist answers questions about new medicines

An occupational therapist helps Luis get back to daily activities

A social worker helps Luis get services to stay at home

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.

Every team is different. Who’s on your team?

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

- 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.

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

**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.

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

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**The 4Ms are all connected...**

What matters to me? My independence. I’d like to stay in my own home as long as possible.

Do I really need all these medicines? I prefer a natural solution and plan to ask about that.

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?”

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

“My medicine made me confused and I lost my balance.

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