Building an age-friendly grassroots movement at Saratoga Hospital

The number of people 65 and older in the hospital’s service area grew more than 50% since the past decade. The hospital made the decision to hire its first geriatrician.

A series of events prompted clinical leaders to rethink their approach to elder care:

- An increase in patient falls
- A rise in longer stays before older patients could go home, to rehab, or to skilled nursing facilities

Clinicians collaborated with hospital informatics experts and sought interdisciplinary input to develop new EHR tools and documentation.

Creating paper visual for noting favorite music, hobbies, family, and de-escalate agitation, confusion, and anxiety. It was especially helpful for confused senior patients.

Lessons:

- What Matters
- Medication
- Mentation
- Mobility

Saratoga Hospital has made expanding its care a priority.

About Age-Friendly Health Systems