My Life • My Health • My Goals
My 4Ms

Make a difference in how your health care works for you by using the **4Ms of Age-Friendly Care:** What Matters, Medications, Mind, & Mobility! The 4Ms are explained below – then flip the page and write your own 4Ms down on the other side. Put your 4Ms on your fridge, update them as needed, and take them with you to all your healthcare visits!

WHAT MATTERS

Receive the best care possible by telling your healthcare providers WHAT MATTERS to you. Think about what is most important to you in life; things you want your health care team to understand about you as an individual. Who are the most important people in your life? What do you view as essential to your quality of health and well-being?

If something were to happen to you, who would you turn to for help making healthcare decisions?

MEDICATION

Understanding your medications and what they do is important. Our bodies change with age in ways that can increase the chances of side effects from medications. One way to help prevent complications from medicine is to understand why you are taking them and to address any concerns about them with your healthcare provider.

MIND

Thinking, memory, and mood matter! Just like your body changes with age, so can your brain. Depression, delirium, and dementia may occur during older adulthood, but they are not a normal part of aging. If you're worried about your memory and thinking, or you are feeling sad a lot, tell your healthcare provider or call the National Helpline at 1-800-662-4357. Find ways to support and engage your mind that reduce stress and anxiety.

For example:
- *Deep breathing*
- *Walking*
- *Doing things that bring you joy*
- *Taking breaks from the news*
- *Helping others by volunteering*
- *Paying attention to nature*
- *Joining a local club or group*
- *Connecting with family, friends, and neighbors*

MOBILITY

Stay as physically active as possible. Set a realistic daily mobility goal, something active you can do every day. This goal may start small and then change as you get more physically active.

For example:
- *Walk outside for 15 minutes every day*
- *Do daily chair exercises for 10 minutes first thing in the morning*
- *Light yoga or tai chi online or with a friend*

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Health is a team effort, and <u>YOU</u> are in the driver's seat! Complete the 4Ms below and take this sheet with you to your next healthcare visit. Look at your answers before each visit and see if they change over time.

PREFERRED NAME: _____

WHAT **M**ATTERS

Take a moment and think about who you are and what you are facing right now, what is the most important thing for that comes to mind?

_____

_____

_____

MEDICATION

Are there any medications that you feel unsure about why you are taking them, or how to take them? List your concerns and questions.

_____

_____

_____

MIND

List two things you do that help you relax, stay calm and be positive.
How do you keep your mind active?

_____

_____

_____

MOBILITY

Set an achievable daily mobility goal for yourself.

_____

_____