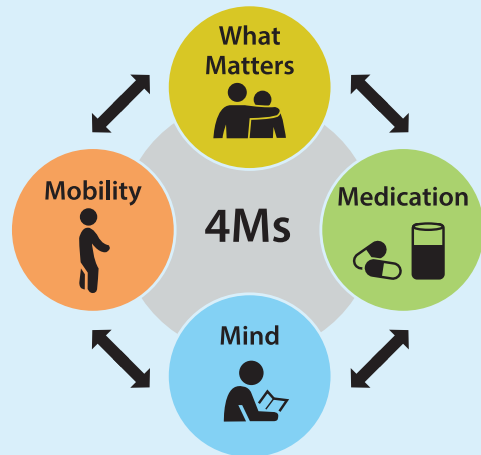


The 4Ms are all connected...

What matters to me? I want to keep active so I can avoid falls and keep up with my grandkids!

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



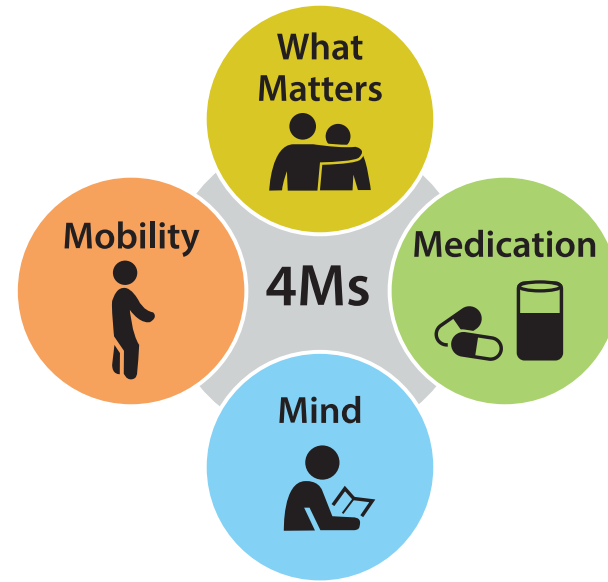
Going from a cane to a walker in one year was a big loss and I felt depressed.

My medicine made me confused and I lost my balance.

LEARN MORE ►

www.catch-on.org
(800) 757-0202

Better care for older adults...



It starts with the 4Ms.

YOU are the expert on what matters for your health.

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.



Every team is different. **Who's on your team?**



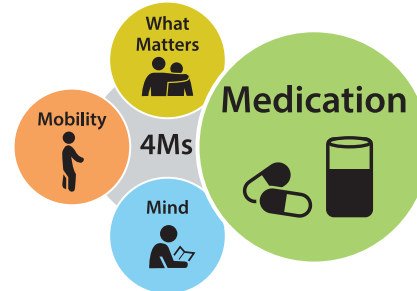
As you age, your needs might change. No matter what's going on, *you* are the person who should decide what's best for your health.

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.



"I'm the main caregiver for my mom, who has dementia. I wouldn't have it any other way. I work full time, so it would work best to have one person coordinating mom's care."



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



"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?'"



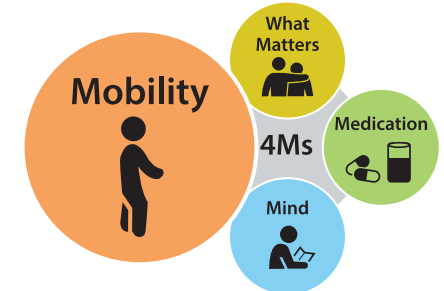
Older adults are at risk for dementia (losing mental abilities over time) or delirium (sudden confusion). Depression (ongoing sadness or loss of interest) can be a problem, too.

What You Can Do

- ✓ 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.



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



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

What You Can Do

- ✓ Talk with your providers about how you get around at home or go from place to place. What's working or not?
- ✓ Ask about exercises to get strong, flexible, and improve balance.
- ✓ Check your home for rugs or missing handrails that can cause falls. These safety problems are easy to fix.



"What Matters to me? My independence. I'd like to stay in my own home as long as possible."