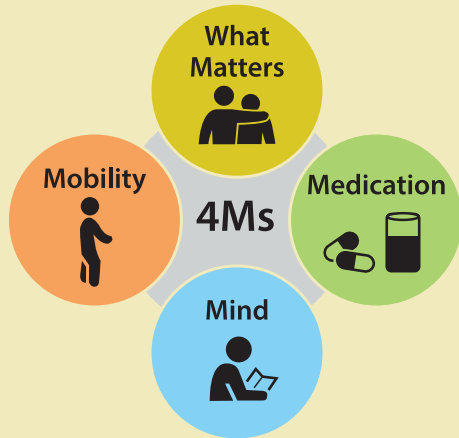


# Better Care for Older Adults: the 4Ms

Research says that when health care providers and patients pay attention to **What Matters**, **Medication**, **Mind**, and **Mobility**, your health improves.



As you get older, your needs may change. You may have to make big choices about your care. Your providers need to know what's important to you.

**You are the expert** on what matters for your health. Use the 4Ms to help think about your decisions and plan for the healthiest future possible.

## What matters to me...

### AUSTIN

*I'm concerned about side effects and how my medicines interact. I'd like to take fewer medicines if I can.*



### MARI & LUIS

*I help Luis through every step of his recovery, but I also need to take care of myself. It would work best to have one person coordinating his care.*



### CHARLIE

*My generation may not like to talk about depression, but we must. Depression is not a normal part of aging - it's actually treatable.*



## Talk to your providers about the 4Ms

- ✓ **WHAT MATTERS:** When you talk with your health providers, make sure the decisions make sense for you and your goals.
- ✓ **MEDICATION:** Bring all medicines with you to medical visits. Make sure each medicine is necessary. Be extra careful with high-risk medicines like painkillers.
- ✓ **MIND:** Get screened every year starting at age 65 for dementia and depression. Bring up any concerns with your provider, such as changes in memory or loss of motivation to do things you like to do.
- ✓ **MOBILITY:** Learn how to stay physically active. Check your home for rugs or missing handrails that can cause falls.

## Tools & ideas to get at What Matters



### Tips to Prepare for Your Medical Visits

Make a checklist of questions for your next visit. Here is one person's example:

- \_\_\_ Do I need all these medicines? What about interactions?
- \_\_\_ What can I do to move more?
- \_\_\_ What can I do to sleep better?
- \_\_\_ How do I complete advance directives?



### Schedule a wellness visit

Medicare covers one wellness visit a year. Use this time and any other visits to discuss what matters to you. Make sure your provider understands your goals and concerns.



### Learn more

[www.catch-on.org](http://www.catch-on.org)  
(800) 757-0202