

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 care you'd like 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 is essential to your quality of health and well-being? If something were to happen you, what would you like to have happen? Who would you turn to for help in making healthcare decisions?

Advance Care Planning. Keep this things in mind:

- *Identify your medical decision maker*
- *Living Will*
- *Share your wishes with your provider*

For Example:

MEDICATION

Medications should improve your health and well-being. It's vital to understand why you are taking each medication and know the potential side effects. If you have any concerns, share them with your healthcare provider.

- *Create a binder to keep medication inserts in for future reference*
- *Include your blood pressure and sugar level log*
- *Bring the binder to your appointments to aid decision making*

For Example:

MENTATION

Thinking, memory and mood **MATTER**. Thinking clearly helps you live your best life. Consider what affects your ability to think clearly? How are you sleeping? What are you eating? Are you socializing and moving every day? Depression and lapses in memory may occur during older adulthood but should not be considered a normal part of aging. If you are feeling sad a lot, tell your healthcare provider or call the National Helpline at 1-800-662-4357. Keep your mind and body active.

- *Deep breathing/Meditation*
- *Walking/paying attention to nature*
- *Doing things that bring you joy*
- *Volunteer*
- *Joining a local club or group*
- *Connecting with family, friends, and neighbors*

For Example:

MOBILITY

MOBILITY optimizes virtually everything! Stay as active as possible. Set a daily movement goal and make it a daily part of your routine.

- *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*

For example:



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Health is a team effort, and YOU 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 MATTERS

Take a moment to consider what a great day looks like for you? What do you think you can do to make that day a reality?

MEDICATION

Are you confused about the why and how of your medicines? List your concerns and questions. Address them with your provider.

MENTATION

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

MOBILITY

What are your daily mobility goals?

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