Age-friendly care is critical because seniors... are living longer...

...are making up more of the population...

By 2060, life expectancy is projected to increase by about six years 1

2017: 79.7
2060: 85.6

...Making up more of the population...

And when they get care, it's often more complex.

80% of older adults have at least one chronic condition

39% take five or more prescribed drugs a day

...They use more medications...

...They are more likely to return.

One in five seniors is readmitted to hospital within 30 days

...end up in hospitals more often...

1 in 5 ER visits are from elderly patients

Age-friendly health care calls for the 4 Ms

Medication

Providers review prescriptions and look for potential problems—drugs that can be switched out, decreased or deprescribed for better health and quality of life.7

Mobility

Patients share their limitations in mobility and get help thinking through potential risks around their home or daily environment.9

Mentation

Providers follow best practices and use screening tools to discover and discuss risks such as dementia and depression.11

And what Matters

Understanding the patient’s goals and priorities can mean conversations about end-of-life care or preferences around management of a disease.13

In a survey of older patients with multiple chronic conditions, 76% said that maintaining independence was their top priority 14

Sources: