

The **Age-Friendly Care** movement is working to improve care for older adults. Let's explore the 4Ms of Age-Friendly Care below and discover how it applies to YOU! Use your answers to start discussions with your healthcare team, family and caregivers as well, so everyone knows about you!

I like to be called \_\_\_\_\_

What makes me unique \_\_\_\_\_

My work/job was \_\_\_\_\_

I am most proud of \_\_\_\_\_

## What Matters

Take a moment to think about who you are and what is important to you, then answer the questions below.

What do you like? What brings you joy?

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What don't you like? Is there anything that frustrates or annoys you?

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## Medication

Understanding how your medications work and why you are taking them helps to prevent complications. Do you have any questions about any of your medications? List your concerns and/or questions:

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## Mobility

Take a moment to think about what types of movements you enjoy. This could be walking with a friend, stretching in your chair, or attending an exercise class. Write down a daily mobility goal for yourself that you can do **EVERYDAY**.

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## Mind

Participating in activities that engage the mind can help to reduce stress and anxiety. List two things that you can do to help relax, stay calm and be positive:

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What activities do you enjoy that help keep your mind active?

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