

# Age-Friendly Minnesota

April 29, 2021

1:00 – 2:00 PM

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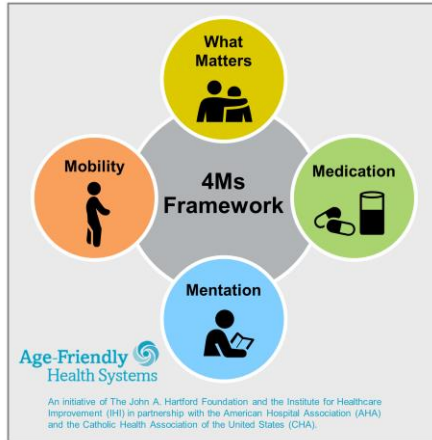
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# Age-Friendly Communities



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## Age-Friendly Health Systems



**What Matters**

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

**Medication**

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

**Mentation**

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

**Mobility**

Ensure that older adults move safely every day in order to maintain function and do What Matters.

For related work, this graphic may be used in its entirety without requesting permission. Graphic: files and guidance at [ih.org/AgeFriendly](http://ih.org/AgeFriendly).

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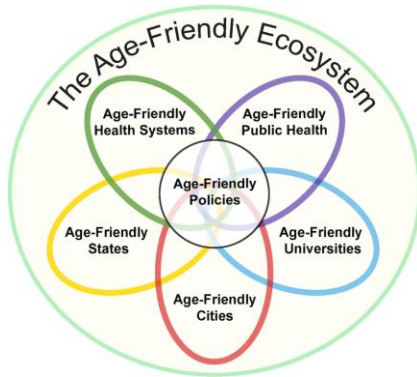
## Age-Friendly Universities



Source: <https://www.dcu.ie/agefriendly/principles-age-friendly-university>

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## Break Out Chats: Age-Friendly Ecosystem



How do we know we are making progress in achieving an age-friendly ecosystem?

Source: Fulmer, et. al. (2020) Moving Toward a Global Age-Friendly Ecosystem. Journal of the American Geriatrics Society, 68, (9), 1936-1940