



4M Resources for Older Adults and Caregivers



COMPILED BY

CATCH-ON

A HRSA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM

For links to all of these resources and more, please visit <http://catch-on.org/4msresources/>

What Matters

The Conversation Project can help you have ‘the conversation’ with the important people in your life about your – or their – wishes for care through the end of life.

Patient Priorities Care offers resources for patients and caregivers for “Choosing what matters. Doing what works.”

Care for What Matters Most provides information about choosing tests and treatments wisely, advance directives, end of life care, guardianship, and informed consent.

What are Advance Directives? provides information about types of advance directives including Living Wills and Durable Powers of Attorney for Healthcare.

PREPARE For Your Care is a step-by-step program with videos to help you have a voice in your medical care, talk with your health care providers, and put your wishes in writing.

Medication

Medications Work Differently In Older Adults discusses how medications work differently in older adults including changes in the body, effects of food and beverages on medications, medication interactions, and more.

If a Medication You Take is Listed in the Beers Criteria for Potentially Inappropriate Medication Use in Older Adults provides a Tip Sheet with what to do and what to ask if a medication you take is considered high-risk.

Ten Medications Older Adults Should Avoid or Use with Caution provides information to help to lower the chances of overmedication and serious drug reactions.

Medicines and You: A Guide for Older Adults includes information about talking to health care professionals, prescription medicine, taking medicines, and more.

Mind

HealthinAging.org pages provide basic facts, causes, symptoms, diagnosis and tests, care and treatment, lifestyle and management, and what is unique to older adults regarding:

- **Dementia**
- **Depression**
- **Delirium**

Mobility

CDC MyMobility Plan can guide you to take action today to help keep yourself—or your loved ones—safe, mobile, and independent.

This **Physical Activity** resource provides information about physical activity including basic facts, and lifestyle, and management resources.

This **Balance Problems** resource provides information about balance, including causes, symptoms, diagnosis and tests, care and treatment, and lifestyle and management.

This **Falls Prevention** resource provides information about falls prevention including causes, diagnosis and tests, care and treatment, lifestyle and management.

CDC Still Going Strong speaks directly to older adults, age 65 and older, and their caregivers to raise awareness about preventable injuries among older adults.



If you have any questions about CATCH-ON or feedback, please let us know!

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