

TALK TO YOUR PROVIDER About Age-Friendly Care

WHAT MATTERS

- Tell your provider your healthcare goals
- Provide your advance care planning documents to your provider



MIND & MOOD

- Tell your provider if you have concerns about your memory or your mood



MEDICATIONS

- Ask your provider if any of your medications are high-risk
- Ask your provider about possible side effects and interactions
- Bring all medications to your visit



MOBILITY

- Create an exercise plan to improve mobility and reduce fall risk
- Stay physically active
- Reduce home hazards

