

4MS OF AGE-FRIENDLY CARE

What Matters Most

Listening to what's most important to each elder—what they want, believe in, and value for physical, mental, emotional, and spiritual health and well-being.

Medicine

Making sure all traditional medicine and prescription medications that elders take are necessary, safe, and do not cause problems with how they think, how they move, or What Matters Most to them.

Memory, Mood and Thinking

Helping elders keep a strong and healthy mind for What Matters Most to them.

Movement

Helping elders to move safely, stay strong, and keep doing What Matters Most.

Indigenous Knowledge

Language

Land

Sovereignty

Culture

Traditions

History

Community