

Caregiver's Guidance for Using the 4Ms



The 4Ms (what Matters, Medication, Mind, and Mobility) are designed to help older adults and providers work together to support better overall health. Caregivers are an important part of older adults' care. You can support a loved one's health by learning more about the 4Ms and how to use them during healthcare visits.

WHAT MATTERS

What Matters is the overarching M. It includes goals, values, and what is most important in older adults' lives. It is important to think about what healthcare providers recommend and how it affects your loved one's life. You may want to ask questions about how a new diagnosis changes daily life. Maybe you want to help your loved one understand how they can enjoy a new diet during family gatherings.

Example Questions:

My mom should start eating more fruits and vegetables. Can she still eat her favorite foods at the holiday party?

My husband likes to be active. Will his new diagnosis and medications change that?

MEDICATION

A visit with a healthcare provider is the perfect time to discuss medications. Help your loved one discuss which medications are necessary or which may cause uncomfortable side effects.

Example Questions:

Can my dad take his medications with food?

If this medication makes my aunt dizzy, is there a different medication she can take?

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MIND

Every year, your loved one should get screened for dementia and depression. Take the time to discuss any changes in mood, memory, or motivation.

Example Questions:

My uncle doesn't like to do his regular activities anymore. How can we motivate him to do what he loves?

My brother is forgetting things often. What is happening to his memory?

MOBILITY

Staying physically active is important for your loved one's health. Talk with their provider about an exercise plan that works for their life. Explore the home and identify where rugs or missing handrails could be a fall hazard.

Example Questions:

My mom uses a cane now. Can she still take long walks in the park?

How can we make the shower safer so my dad won't slip?

Work together with your loved one to use the 4Ms during healthcare visits. Your support during these visits can help your loved one get the most out of their conversations with trusted providers so they can have a more healthy future.