



**asante**forward

transforming the health of our community

Asante Ashland Age-Friendly Initiative



## Your gift will help designate Asante Ashland as a center of excellence for age-friendly care

Today, there are more than 46 million adults over age 65 living in the U.S. By 2050, that number is expected to almost double. In the Rogue Valley, the growth rate of people over 65 is twice the national average. To meet the growing need of our unique community, Asante is establishing Asante Ashland Community Hospital as an Age-Friendly Hospital that can serve our entire region and transform the quality of care and outcomes for older adults. ***With your help, Asante can elevate care for this demographic, and help ensure the well-being of our aging population.***

Asante Ashland, already known for its exemplary compassionate care, is poised to become a center of excellence as an Age-Friendly Health System by adding depth and expertise to the care of patients age 65 and older. Asante will take the lead in the community by being proactive in developing a long-term solution to meet the health care needs of this increasing population. Asante will be able to provide a tailored and coordinated continuum of care to older adults by collaborating with local physicians, long-term care facilities, nurses, social workers and family caregivers.

### What does this mean?

Becoming an Age-Friendly Health System means providing evidence-based care to older adults that reliably implements the “4Ms” – What Matters, Medication, Mentation and Mobility.

- **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 care settings, but focus specifically on early identification and delirium prevention in the hospital setting.

### A common story

Will, a man in his 90’s who lives at home with his wife, is admitted to his local hospital for a bacterial infection in his hand that is causing immense pain. This pain causes delirium—a temporary, abrupt change in the brain that causes mental confusion and emotional disruption. It makes it difficult to think, remember, sleep and pay attention, and can be common in older adults who are experiencing pain or in a stressful situation.

A hospitalist prescribes a drug to help calm him. It seems to help and the dosage is repeated, but the side effect results in Will sleeping for five days straight. During this time, the nurses and doctors take very good care of Will and pay meticulous attention to his medical needs. But when he finally wakes up, he needs significantly more help to transfer out of bed than he did when he came in. Everyday tasks like standing up, walking from one room to another and going to the bathroom are now much more difficult and unsafe. As a result, Will has to go to an assisted living center instead of immediately going home and recovering in a

*Continued on the back.*

- **Mobility:** Ensure that older adults in the hospital move safely every day to maintain function and do What Matters, with an emphasis on fall prevention.

***This will be a new service line and will not displace any of the existing services at Asante Ashland, and will build on Asante's history of providing compassionate, Whole Person Care.***

## Needs and solutions

### **Physical space requirement**

Asante plans to remodel select rooms at Asante Ashland. These inpatient rooms will be specialty units designed to prevent functional disability and to maximize patient independence. The design will be aesthetically pleasing with a particular focus on decreasing the disorienting and depersonalizing effects of an unfamiliar environment.

### **Education and specialized training**

Asante will implement the following training for its employees:

- **Age-Friendly certification** for Asante Ashland nurses, pharmacists, physical and occupational therapists, social workers and discharge planners
- **Implement geriatric-focused training** for existing hospitalists

### **Hospital designation**

There are two main areas of recognition that Asante Ashland will pursue:

1. Qualifications and standards to become an **Age-Friendly Health System**
2. Training for the **Emergency Department** related to medication review and prescribing for the senior population

### **Personnel**

Additional positions will help elevate this program at Asante Ashland:

- **An Age-Friendly care consultant** with geriatrics expertise will help Asante make smart and educated decisions about how to move forward
- **A Chair of Geriatrics** will be appointed to serve as both a community-based physician in Ashland and as a medical director to the inpatient services at Asante Ashland

## Why individual support is important

Philanthropy and community investment have planted the seeds and nurtured the growth of numerous successful and transformational care models, projects and programs at Asante Ashland and across Asante.

**To create an Age-Friendly Health System at Asante Ashland that will be beneficial to the aging population in the Rogue Valley, *it will take visionary partners who have a passion for a healthy community.*** We are grateful for the opportunity to partner with individuals in our community who have an interest in making a wise philanthropic investment that will help ensure the well-being of aging patients and give peace of mind for their caregivers and loved ones.

familiar setting with his wife and son cheering him on.

Will is alone in a strange environment struggling to regain skills that weren't lost due to the bacterial infection in his hand, but rather because he was given medications that have a different impact on older adults than they do healthy, 40-year-old adults. His struggles with loneliness and social isolation cause depression and dramatically impact his ability to heal and gain back his strength.

## The opportunity

Imagine a different story. Imagine that as you age, you can go to the hospital and have what matters most to you and your family prioritized by staff. What if physicians and nurses were specially trained to avoid high-risk medications and interventions for older adults? In addition to medical questions, what if your doctor asked questions like: 'what brings you joy?', 'what are goals you hope to achieve before your next birthday?' and 'what else would you like us to know about you, so we can deliver great treatment to you?' These are core questions that make a tremendous difference in how and why health care decisions are made.

Asante is committed to helping patients live out better stories. Asante envisions stories with more intention, clarity, independence and joy--creating a specialized health care setting that honors and acknowledges the unique needs of older adults.



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