

# AGE-FRIENDLY CARE

## CREATE YOUR POSITIVE HEALTH OUTCOME

### WHAT MATTERS MOST

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



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

### MIND & MOOD

### MEDICATIONS

- Ask your provider if any of your medications are high-risk
- Bring all your medications to your visit



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

### MOBILITY

[www.oklahomadementiacarenetwork.org](http://www.oklahomadementiacarenetwork.org)

