



Age-Friendly Healthcare

Older adults have unique needs and UAMS Thomas and Lyon Longevity Clinic is here to serve you!



What Matters

Your healthcare goals

Tell your provider what is important to you to improve your quality of life

Your care preferences

Tell your provider what your values are and what's right for you

Your care priorities

Tell your provider what types of treatments or services you prefer if you become unable to care for yourself



Medication

The safe use of medications

Are you taking your medications as prescribed?

Reduce unneeded medications to avoid adverse reactions

Taking more than 5 medications increases the risk of a negative drug reaction

Medications to support your healthcare goals

Take medications that support What Matters most to you and your healthcare goals



Mentation

Screenings for Dementia, Delirium, & Depression

Early detection of these can lead to better treatment and improved quality of life

Memory tests

It is important to discuss any memory concerns, feelings of anxiety or depression with your healthcare provider



Mobility

Balance and walking check

Tell your provider if you have any concerns about recent balance problems, stumbles or falls

Fall prevention plan

A fall can make the difference between living independently at home or in a care facility

Discuss any concerns you have about the safety of your home environment



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UAMS

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The AGECE is funded by the Health Resources and Services Administration's Geriatric Workforce Enhancement Program under grant #U1QHP28723.