



National Rural Health Association

Choosing Rural



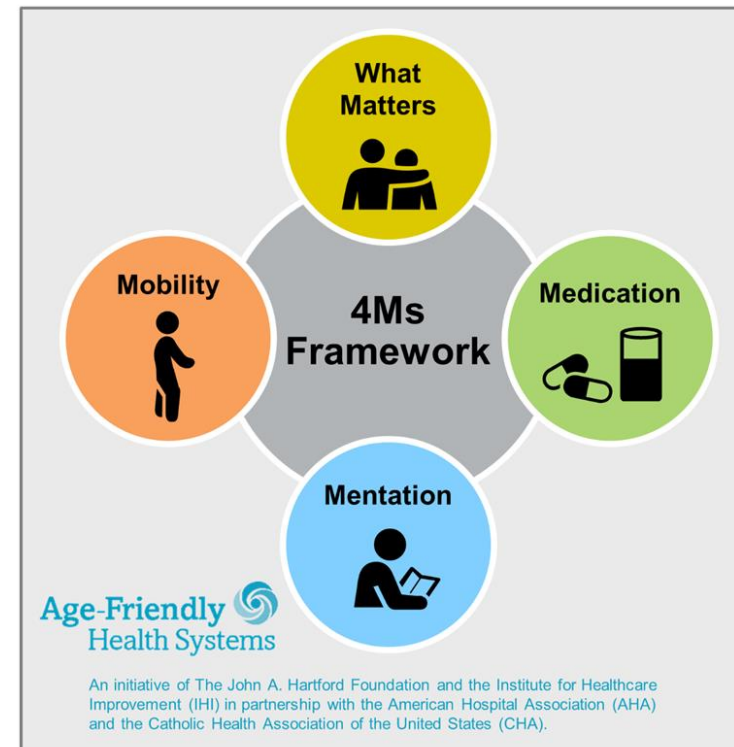
NRHA

Your voice. Louder.

**Our mission is to provide
leadership on rural health issues.**

National Rural Age-Friendly Initiative

- The initiative launched in January 2023 as a planning grant of The John A. Hartford Foundation.
- The mission is to enhance access to age-friendly care for rural older adults by employing the national network of rural health experts with NRHA.
- Key priority areas:
 - Familiarizing our members and partners with age-friendly care - specifically the 4Ms framework.
 - Public Health Systems
 - Rural Hospital Systems
 - Rural Communities
 - Rural Community Health Workers
- Identifying places in the rural aging environment where NRHA should follow, partner, and lead.



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 settings of care.

Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

National Rural Age-Friendly Initiative

• Approach:

- **Educational events and technical assistance**
 - Presentations during NRHA events
 - Technical assistance for State Rural Health Associations
 - TFAH joined the January 10th State Association Council call to discuss AFPHs in different states
- **Disseminate information and best practices to members, collaborators, and anyone interested in rural age-friendly care.**
 - Call for submissions for the Compendium of Rural Age-Friendly Best Practices (closing [February 8th](#))
 - National Rural Age-Friendly Initiative Resources [Page](#) was launched, with a more robust Resources Hub on the way
 - [Articles](#) in NRHA's *Rural Horizons* magazine: the first arrived in mailboxes on August 23, 2023, with availability on our site
 - Another article planned for July highlighting our CHW work



<https://fs16.formsite.com/MEAGHAN/2024Compendium/index>

<https://www.ruralhealth.us/programs/national-rural-age-friendly-resources-page>

<https://www.ruralhealth.us/blogs/ruralhealthvoices/august-2023/new-nrha-initiative-focuses-on-age-friendly-care>

Choosing Rural

- University of Minnesota Age Friendly Research
- Appalachian Regional Commission “Bright Spots.”
- Institute of Medicine “Quality through Collaboration.”



How Do Rural People Age Well?

“A lot of smaller towns are more socially connected and more active. A town of [X] is 275, [X] is 350—even more hyperconnected. [We] have a lot of nonprofits even in smaller towns. Definitely an awareness of needs. [It is] very hard to go homeless and go hungry if you’re a decent person. A lot of people are willing to help. The interconnectedness of rural communities make it harder to be missed.”

“They’re not leaving their home; this is where they were born, this is where they will die.”: Key Informant Perspectives From the U.S. Counties With the Greatest Concentration of the Oldest Old

-Carrie Henning-Smith, Megan Lahr, and Jill Tanem. Division of Health Policy and Management, University of Minnesota School of Public Health, Minneapolis, MN, USA

How Do Rural People Age Well?

“...The lifestyle and community subtheme attributed the high prevalence of oldest old to individual characteristics and behaviors, including eating well, staying active, avoiding tobacco and other substances, working hard, having good coping skills, and going outside often.”

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