

GERIATRICS NUTS AND BOLTS

[What is a Geriatrician?](#) By Rosanne Leipzig et al., 2014, Journal of the American Geriatrics Society

[5Ms Quick Guide pocketcard](#) for Age-Friendly Care

[Geriatrics at your Fingertips](#) pocketbook

AGE-FRIENDLY HEALTH SYSTEMS MOVEMENT

[Institute for Healthcare Improvement](#) recognition standards and comprehensive resources

WHAT MATTERS MOST

[PrepareForYourCare Advance Directives](#) easy to read, in multiple languages

[My Health Priorities website](#) to help an older person articulate what Matters Most to their clinicians

MEDICATIONS MOST

[Beers High Risk Medications](#) pocketcard

[Deprescribingresearch.org](#)

MOBILITY MOST

[San Diego County Fall Prevention Task Force](#)

MENTATION MOST

[San Diego County Alzheimer's Project Physician Guidelines](#)

[UCLA Caregiver Training Videos](#)

PATIENT-FACING RESOURCES FOR AGE-FRIENDLY MEDICAL CARE

[Comprehensive resources for older people and caregivers re Age-Friendly Medical Care](#) from the John A. Hartford Foundation,

[Two page checklist summarizing how older people can help achieve their own Age-Friendly Medical Care](#) from the John A. Hartford Foundation

SOME OF MY FAVORITES

[Elderhood](#) book by Louise Aronson, MD about ageism, its impact on medical care, and how we can do better

[GeriPal](#) Podcast from UCSF Geriatricians and Palliative Care

[Eprognosis](#) website to help clinicians with prognostication and shared decision-making