Worksheet to Guide Learning and Action

Make sure to take opportunities to share with and learn from your fellow Action Community participants throughout the session. This worksheet is designed to help you capture the questions you want to get answered and connections you wish to make today, and to create an action plan for when you return home to advance your efforts. We encourage you to work with your team to complete the worksheet.

Area for Learning	Reflecting: What we are already doing well (including what you could teach others or what you want to celebrate as a team)	Planning: What we want to learn to advance our work back home (including people and organizations with whom we want to connect)	Learning: What we learned (including contact information of people you met or the names of tools to test).
Assessing and acting on What Matters			
Assessing and acting on Medication			
Assessing and acting on Mentation			
Assessing and acting on Mobility			
Bringing the 4Ms together and Age-Friendly care across the continuum			

Using the Psychology of Change to advance and sustain improvement.			
Leading and sponsoring age-friendly efforts across systems			
Partnering community-based organizations			
Building relationships to sustain age-friendly care efforts			
Other			

Action Plan: What We Want to Try

Idea to try	Plan – **What we want to learn by trying this idea** (i.e., questions we want to answer and our predictions)	Plan – Who/What/When/Where	Data Collection Plan – Who/What/When/Where (i.e., how will we know?)	Timeline (T = Test; I = Implement; S = Spread/Scale-up) Week													
				1	2	3	4	5	6	7	8	9	10	11	12	13	14