



Sanford Center for Aging

Presentation to:

Washoe County Board of Commissioners

August 22, 2023

Who Are We?

Sanford Center for Aging

- Founded in 1993 – celebrating 30th anniversary
- Part of the University of Nevada, Reno School of Medicine
- Located in Center for Molecular Medicine (main campus); clinic at 6130 Plumas; OLLI at 604 W. Moana
- About 40 faculty/staff, including full-time, part-time and student workers
- Funded by grants, philanthropic gifts and endowments, state funding and clinical billing

The mission of the Sanford Center for Aging is to enhance the quality of life and well-being among elders through **education, translational research and community outreach.**

Our Philosophy:

- Aging is a privilege
- Aging is another stage of life (childhood, adulthood, elderhood)
- Work to dispel “ageism”

Our Community Outreach:

Volunteer Programs

AmeriCorps Seniors/Retired & Senior Volunteer Program (RSVP)

- Funded by AmeriCorps, a federal agency
- Mission to improve lives, strengthen community
- Match skills, experience with community needs
- 55 and over, in Washoe County
- Always recruiting new volunteers to meet the needs of Sanford Center programs and 12 other community organizations
- Currently ~ 180 volunteers
- In 2022, volunteers served ~22,600 hours!

Our Community Outreach:

Volunteer Programs

Volunteer Transportation Program

- Currently serving 43 clients in Washoe County
- 13 volunteers (age 18+)
- 1 PT paid driver, 8-passenger wheelchair-accessible van
- Always seeking volunteers to serve growing need and help those on the waitlist
- Provided 631 one-way rides so far in FY23
 - Medical appointments
 - Social engagement/function
 - Personal errands
 - Health & wellness activities

Our Community Outreach:

Senior Outreach Services (SOS) Program

- Frail, home-bound, low-income elders, 60+ years, living alone, little support
- Volunteers offer companionship, transportation, support
- Volunteers do not offer housekeeping, laundry, medications, personal care, finances
- Goal to remain living independently; “Age in Place”
- Client waiting list; more volunteers needed!

Our Community Outreach:

Medication Therapy Management

- Age 60 and over, 5 or more medications/supplements
- Comprehensive medication review (prescriptions, over-the-counter, vitamins, supplements)
- Board certified geriatric pharmacist
- Conducted by phone or in person
- Identify interactions, duplications, dosage changes, possible alternatives, etc.
- Increase understanding of meds, reasons for taking them
- Reduce side effects, risk for falls
- Written report with recommendations for client

Our Community Outreach:

Community-based Health & Wellness Program

- Partner with low-income senior housing community
- Interprofessional learning opportunity for pharmacy, nurse practitioner, and social work students
- Provide a variety of wellness screenings to improve health and well being
- Assist participants with goal setting and action plan

Our Community Outreach:

Community Wellness Programs

Evidence-Based Programs for participants and care partners

- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Diabetes Prevention Program
- Diabetes Self-Management
- Fit & Strong!
- Powerful Tools for Caregivers
- Stepping On (falls prevention)
- Healthy Steps for Older Adults (falls prevention)
- Offered several times per year
- Free!
- 220 participants enrolled in FY22

Our Clinical Services:

Sanford Geriatric Specialty Care Center

- Opened as Geriatric Specialty Clinic in Fall 2015
- Part of University Health, operated by Renown Health
- Specialty care service (does not replace PCP)
- Offers comprehensive geriatric assessment and Chronic Care Management
- Interdisciplinary team: medical provider, geriatric pharmacist, licensed clinical social worker

Our Clinical Services:

Sanford Geriatric Specialty Care Center

- “Whole person” assessment
- Covered by Medicare as specialist office visit
- 90-minute appointment
 - Health history/review
 - Screening for frailty, depression, cognition
 - Comprehensive medication review
 - Psychosocial assessment
 - Personalized care plan for client and PCP
 - Care partner support
- In-person or by telemedicine
- Chronic Care Management

Our Education:

OLLI (Osher Lifelong Learning Institute) at UNR

- Brings diverse educational and social opportunities to adult learners
- Events, discussion groups and classes
- No tests; no grades
- 50+
- One of 125 Osher Institutes in all 50 states and the District of Columbia
- Membership Fee (scholarships are available):
 - Annual Membership (July 1 through June 30): \$85
 - Term Membership (Spring or Fall): \$50
 - Virtual Annual Membership: (July 1 through June 30): \$55

Our Education:

Nevada Geriatric Education Center

enhance the quality of life and well-being among elders through the education of health care professionals, faculty and students, and care partners

Clinical Education

- Sanford Clinic education opportunities (interns, residents, fellows, observers)

Our Education:

Nevada Geriatric Education Center

Professional & Community Education

- ADSD Staff Trainings
- Annual Caregiver Conference
- Community Caregiver Trainings
- Geriatric Lecture Series
- ICECAP (Improving Care of Elders through Community and Academic Partnerships) HRSA funded project
 - Bravo Zulu sessions with focus on military veterans
 - Certificate in Interprofessional Geriatrics Care
 - Project ECHO geriatrics clinic

Our Education:

Gerontology Academic Program

- Minor (18 credits) and certificate (24 credits) in Gerontology
- Coursework and service learning in community
- “Program of Merit” by Association for Gerontology in Higher Education (AGHE)
- 1 of only 13 programs in USA
- Variety of majors (Public Health, Social Work, Nursing, +)
- Annual “Aging Appreciation Week” events

Our Research:

Translational Research & Evaluation Projects

- Sanford program effectiveness
- Third party evaluation contracts

You're Invited!

***30th Anniversary
Distinguished Speaker***

Dr. Jerry Gurwitz

September 21, 2023

4:30 – 6:30 pm

Sanford Center for Aging
775-784-4774
med.unr.edu/aging

