



SAGE

Seniors Assisting in Geriatric Education

YOU can make a lasting impact on the future of health care for older adults. Become a SAGE Mentor!

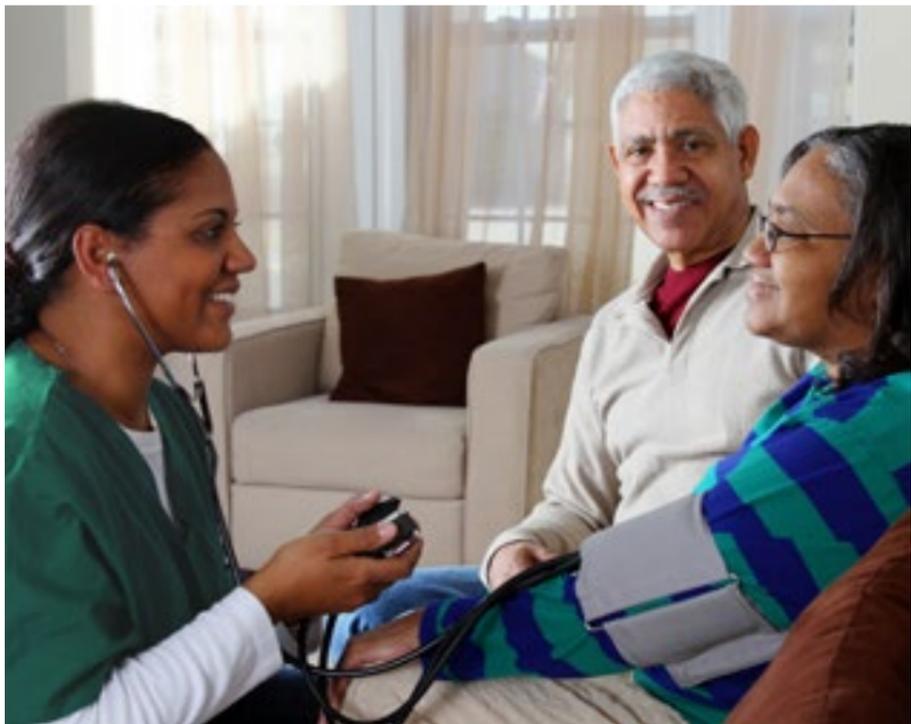
ABOUT US

The **Seniors Assisting in Geriatric Education (SAGE)** Program was created in 2009 at the **UNT Health Science Center** to increase the early exposure of health care students to older adults in order to provide a better understanding of geriatric care through first-hand experience. Since then, **SAGE** has expanded into a collaborative effort with **Texas Christian University** to include more than 1,300 students each year across eight health professions.

UNTHSC STUDENTS	TCU STUDENTS
Medical	Nursing
Physician Assistant	Dietetics
Physical Therapy	Social Work
Pharmacy	Speech-Language Pathology

PROGRAM DETAILS

SAGE places students in interprofessional teams and pairs them with an older adult (65+) in the community known as a Senior Mentor. Once paired, the student teams will visit their mentor at his or her home for a total of six visits over the course of 1 ½ years. During each visit, students practice basic clinical skills and assessment techniques, while receiving valuable feedback and input from their mentor. The student teams pursue a set focus and follow a structured curriculum for all visits.



“ The young students who visited with me were very talented, dedicated to their chosen professions, courteous, extremely helpful, and a real joy to associate with over a period of several weeks. They provided me with a lot of good ideas and made me accept some of my limitations as a senior citizen. If all the students who participate in the SAGE program are as great as ‘my team’ was, I really have faith and confidence in the medical profession of the future.”

–Anonymous, Senior Mentor

SAGE PROGRAM at a Glance (from 2009-2018)



4,800 +
Students



1,700 +
Senior Mentors



22,000 +
Hours of Service



7,700 +
Home Visits

“The SAGE program was an integral part of my education. It showed me the benefit of developing a relationship with a patient, which is something staged patient encounters simply cannot do.”

- Medical Student
UNTHSC Texas College of Osteopathic

VISIT SCHEDULE (over 1 ½ years)

SPRING

- Visit 1: Adult Health History
- Visit 2: Home Environment/Safety

FALL

- Visit 3: Medication/Pharmacology Assessment
- Visit 4: Nutrition Assessment

SPRING

- Visit 5: Community Resources & Advance Care Planning
- Visit 6: Health Literacy & Ending the Patient Relationship

HOW CAN I HELP?

As our program continues to grow, we need additional Senior Mentors willing to volunteer their time to improve students' attitudes, knowledge, and skills with older adults. With your help, we can make a lasting impact on the future of health care for older adults. Consider becoming a Senior Mentor today!

BENEFITS

Senior Mentors receive FREE:

- Blood pressure checks
- Nutritional assessment
- Home safety assessment
- Cognitive assessment
- Medication review
- Added companionship
- Reflective discussions about health and lifestyle choices
- Vial of Life containing essential medical information

EXPECTATIONS

Senior Mentors are expected to:

- Communicate with student teams to schedule visits
- Meet with team of 3-4 students for 1-1 ½ hours each visit, for a total of 6 visits, over 1 ½ years
- Be available for visits between September-November and February-April
- Allow students to check vital signs and perform general assessments
- Share life history, thoughts and wisdom

FREQUENTLY ASKED QUESTIONS (FAQ)



- **How can I sign up?**

Visit www.unthsc.edu/SAGE to complete the online application or call **817-735-0289** to receive an application packet.

- **What are the eligibility requirements to becoming a Senior Mentor?**

Applicants must be able to meet the expectations mentioned, as well as maintain a certain level of cognition, pass a general background check, and live within 30 minutes of the **UNT Health Science Center** campus. If you have any questions about eligibility, call **817-735-0289**.

- **How will I know if I am accepted into the SAGE Program?**

Upon receiving your application, we will send you a welcome letter with more information about what to expect next. If you are placed on a waiting list, we will contact you as soon as a **SAGE** student team becomes available.

- **Can my student team offer medical advice if I have a concern?**

No. Students are not allowed to offer any type of medical advice and are not licensed medical professionals. If you have a question concerning your health, please contact your primary care physician.

- **Can I participate if I am homebound or without transportation?**

Yes. The student teams come to your home for the visit.

- **What if I do not have any health issues, can I still participate?**

Many of our current Senior Mentors are very healthy and active. You do not need to have any health conditions to become a participant.

- **How often will I see my students and how long do the visits last?**

Visits take place in the Fall and Spring months and typically last 1-1 ½ hours each. Your students will call to set up a meeting time that fits your schedule, and meet with you twice in the Spring, twice in the Fall, and again twice in the following Spring for a total of six visits.

- **What if I have a team but cannot participate in one of the visits?**

If at any point you are unavailable to meet with your team, please let us know and we can find a temporary Senior Mentor to take your place for that visit. If you are not able to continue or are no longer interested in participating in **SAGE**, we can pair your team with another Senior Mentor from our wait list.

- **Will I have the same student team for all visits?**

Yes! Teams are paired with their mentor for all 6 visits. That allows students and mentors to form a close bond, and Senior Mentors can watch their students grow within their professions and as a team.

- **Will my health information be kept confidential?**

Yes. All information collected during the visits, as well as personal information, is kept safe through a secure online database. If at any point you are not comfortable answering a question or performing an assessment, you are welcome to decline.

- **Who do I contact if I have a question or want to refer someone to the program?**

Feel free to contact a **SAGE** Representative Monday-Friday from 8 a.m. to 5 p.m. for assistance. Call **817-735-0289** or send an email to **SAGE@unthsc.edu**.



For more information or to apply, please contact us at:

SAGE

Phone: **817-735-0289**

Email: **SAGE@unthsc.edu**

Online Application: **www.unthsc.edu/SAGE**