



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 **Health Science Center** with the goal of increasing healthcare professional students' exposure to older adults, giving them a better understanding of geriatric care through first-hand experience. Since then, **SAGE** has expanded into a collaborative effort with **Texas Christian University** and includes over 600 students each year across eight health professions.

HSC STUDENTS	TCU STUDENTS
Osteopathic Medicine	Nursing
Physician Assistant	Dietetics
Physical Therapy	Social Work
Pharmacy	Speech-Language Pathology

PROGRAM DETAILS

SAGE places students into interprofessional teams and pairs them with an older adult (65+) in the community known as a Senior Mentor. Once paired, the student teams visit their mentor at his or her home for a total of four visits over the course of one calendar year. During each visit, students practice basic clinical skills and screening 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)



10,000 +
Students



1,800 +
Senior Mentors



24,000 +
Educational
Visit Hours

“The SAGE program has been one of my favorite parts of school. Because of this experience, I now feel more prepared to help my older adult patients live healthy, fulfilling lives. In addition, the opportunity to work with other healthcare students illustrated how meaningful interprofessional teamwork is to the practice of comprehensive and compassionate medicine. I will always regard my SAGE mentor as my very first patient and I am so grateful that she invited me to be a part of her medical team.”

- Medical Student, HSC Texas College of Osteopathic Medicine

VISIT SCHEDULE (over 1 year)

SPRING

- Visit 1: Geriatric Health Profile
- Visit 2: Home Environment, Safety & Functional Assessment

FALL

- Visit 3: Medication Assessment & Advance Care Planning
- Visit 4: Health Literacy Project & 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:

- Vitals checks
- Nutrition & swallow screenings
- Home safety assessment
- Cognitive assessment
- Medication reconciliation
- Added companionship
- Reflective discussions about health and lifestyle choices
- Vial of Life containing essential medical information
- Access to community resources

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 4 visits, over 1 year
- Be available for visits between February-April and September-November
- Allow students to check vital signs and perform general screenings
- 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 request an application packet in the mail.

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 **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 each 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 participate.

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

The student team will visit you a total of four times over the course of the calendar year. Visits occur twice in the Spring and twice in the Fall, with each visit lasting 1-1 ½ hours each. Your students will contact you directly to set up each visit at a time that fits your schedule.

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

If you are unavailable to meet with your team for an upcoming visit, please let us know and we can find a temporary replacement for your team. If you are not able to continue or are 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 4 visits. This allows students and mentors to form a 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 personal and health information collected during the visits is kept safe through a secure online database. If at any point you are not comfortable answering a question or performing a screening, 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**