



# SAGE

Seniors Assisting in Geriatric Education

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**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 **University of North Texas Health Science Center at Fort Worth (HSC)** with the goal of increasing health professions 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 (TCU)** and includes over 650 students each semester, across eight health professions.

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

## PROGRAM DETAILS

**SAGE** pairs interprofessional student teams with an older adult (65+) in the community known as a Senior Mentor. The student teams visit their mentor four times in one calendar year. During visits, students practice basic clinical skills and screening techniques while receiving valuable feedback and input from their mentor.

## HOW CAN I HELP?

As our program continues to grow, we need additional volunteers who are willing to take the time to interact with healthcare students and help them learn about 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!

## TESTIMONIALS FROM PARTICIPANTS

“The 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!”

- **Anonymous, Senior Mentor**



“The SAGE program has been one of my favorite parts of school. I now feel more prepared to help my older adult patients live healthy, fulfilling lives. I will always regard my SAGE mentor as my very first patient, and I am so grateful...”

- **Medical Student, HSC Texas College of Osteopathic Medicine**



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## BENEFITS FOR SENIOR MENTORS

- Health & sensory screenings
- Home safety assessment
- Added companionship
- Health presentation on topic of choice
- Reflective discussions about health
- Access to community resources

## EXPECTATIONS OF SENIOR MENTORS

- Be flexible to schedule and participate in two visits between February-April and two visits between September-November
- Meet with team of three to four students for 1.0-1.5 hours each visit
- Allow students to perform general health screenings/assessments
- Share health information, life history, thoughts and wisdom

## FREQUENTLY ASKED QUESTIONS (FAQ)

### What are the eligibility requirements to becoming a Senior Mentor?

Applicants must be aged 65+, be able to meet the expectations mentioned, maintain a certain level of cognition, pass a background check and live within 30 minutes of the **HSC** campus.

### 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.

### Can my student team provide health care or offer medical advice?

No. Students are not licensed medical professionals. This is an educational experience for them. Please contact your primary care provider with any health concerns.

### Will my health information be kept confidential?

Yes. All information collected during the visits is kept secure. If at any point you are not comfortable with a health screening or assessment question, you may decline.

**Additional FAQs are available on our website.**

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

**Phone: 817-735-0289**

**Email: [SAGE@unthsc.edu](mailto:SAGE@unthsc.edu)**

**Online Application: [unthsc.edu/SAGE](https://unthsc.edu/SAGE)**

