

# S eniors A ssisting in G eriatric E ducation



## A Unique Senior Mentoring Program Partnership Between the UNTHSC's Reynolds GET-IT Program, Meals on Wheels, Inc. & Seniors in the Community

### The SAGE Program

The **SAGE** Program offers the unique opportunity for community seniors to receive in home visits with medical school and physician assistant students.

The **SAGE** program pairs two 1st or 2nd year students with a senior mentor/client that receives either home delivered meals through the Meals on Wheels Program Inc. of Tarrant County or a senior in the community who has volunteered to participate in the program.

The **SAGE** program was started in the fall of 2009 with the TCOM class of 2013, and is currently in its third year involving nearly **524 medical school & physician assistant students** and over **280 community seniors**.

The **SAGE** program is an incredibly important component of a student's education. Both students and Fort Worth Metroplex senior adults are benefiting from this innovative senior mentoring program.

The **SAGE** program includes 8 visits over a 2 year period providing medical students with the opportunity to practice basic clinical skills, history taking, client interviewing and physical exam skills. Every visit includes taking vital signs and completing assignments to aid in the students' attitudes, knowledge, and skills related to aging.

**SAGE** senior clients receive free blood pressure checks, a limited physical exam, a nutritional assessment, a home safety assessment, discussions on available community resources & advanced care planning, and benefit from the students' companionship as well as having an opportunity to contribute to the students' medical school training. Senior mentor/clients are given the opportunity to evaluate their student doctors to aid in feedback on the attitudes, knowledge and skills demonstrated by the student doctors during the **SAGE** visits.

**Additional information can be found on our website at <http://www.hsc.unt.edu/sites/getit/> or you can contact Yolanda Pitts, Educational Coordinator at 817-735-0289, UNTHSC, Reynolds GET-IT Program, 855 Montgomery St., Fort Worth, TX 76107.**

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