

# SANFORD CENTER FOR AGING

*The Sanford Center for Aging creates volunteer opportunities as well as free and low-cost programs that promote social engagement, activity and independence among older adults. These include:*



**Sanford Geriatrics Specialty Care:** Offers a whole-person geriatric assessment, provided by an interdisciplinary team (geriatrician, social worker and pharmacist). The assessment includes a comprehensive care plan, referrals if needed and potential chronic care management.

**Community Wellness Programs:** Free, evidence-based workshops promote health and prevent disease, while empowering participants to gain the confidence and skills needed for an active and fulfilling life.

**AmeriCorps Seniors - Washoe County Retired and Senior Volunteer Program (RSVP):** This program matches volunteers of all ages who want to share their time, skills and experience with local agencies and programs to benefit the community.

**Senior Outreach Services:** This program provides companionship and support, through trained volunteers, to Washoe County's most vulnerable elders to help them stay in their homes as long as possible.

**Volunteer Transportation Program:** Volunteers provide rides, in their own vehicles, for older adults who need transportation to appointments, errands and social activities.

**Medication Therapy Management:** A clinical certified geriatric pharmacist provides a comprehensive review of a participant's entire drug regimen for adverse drug reactions, safety and effectiveness; for Nevadans age 60 or older who are taking five or more prescription medications.

**Osher Lifelong Learning Institute (OLLI) at UNR:** Learning, social and cultural programs, special events and tours for adults 50 and over. An annual membership fee covers attendance at as many programs and activities the member chooses to attend.

**Nevada Geriatric Education Center:** Offers educational and training opportunities for health care professionals, faculty and students, and care partners to enhance their knowledge in the field of aging and health care.

**Gerontology Academic Program:** This interdisciplinary academic program engages with and serves the community while shaping the future gerontological workforce to better support the rapidly aging populations of Nevada and the U.S.



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