

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:



Geriatric Specialty Clinic: Offers a whole-person geriatric assessment, provided by an interdisciplinary team, which includes a comprehensive care plan, referrals and chronic care management services. Also available through telemedicine in rural Nevada.

Community Wellness Programs: These free, evidence-based classes and workshops promote health and prevent disease, while empowering participants to gain the confidence and skills needed to maintain an active and fulfilling lifestyle.



Retired and Senior Volunteer Program: This program matches willing volunteers of all ages who want to share their time, skills and experience with local agencies and programs to match their interests, and 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.

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.



Nevada Geriatric Education Center: Offers a variety of 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 United States.



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