



Multidisciplinary Center on Aging

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Connecting Older Adults to Students through Inter- Professional Telecare

(COAST-IT)

We Need Your Help to Recruit

Older Adults to Participate in the COAST-IT Program with Students

Brief Explanation of the Project:

Older adults have been significantly impacted by loneliness and social isolation during COVID-19. At the same time, health professional students in their first 1-2 years of training have lost opportunities to have interactions with older adult patients. The team at the CU Anschutz Senior's Clinic hosts a social isolation outreach program where students from either the CU Anschutz pharmacy, nurse practitioner or dental medical school programs will pair with an older adult to have weekly to bi-monthly social phone calls. These calls are meant to help older adult's combat loneliness and the feeling of isolation that so many have experienced. The older adults, through these phone conversations, will help students in their future clinical practices improve their communication skills and better serve their older adult patients. For many of these students, older adults will be their largest patient population, so working on honing their communication skills is extremely important to become better clinicians.

Criteria to ensure success for the participants:

- Older adults who have felt some mental or physical health effects from loneliness and isolation that has occurred due to COVID-19 or other recent social changes.
- Older Adults who would enjoy interacting with a student regularly and volunteer to be a part of the program. The older adult would consent to be contacted and be willing/wanting to participate. A short consent form will need to be signed.
- Older Adults without cognitive impairment who could successfully participate in regularly scheduled (up to weekly or bi-monthly) phone calls with a student. Our hope is the student and older adult would remain phone partners through the duration of the student's educational journey.

- Older Adults who don't have hearing impairment that would prohibit the ability to hear and converse well on the phone.
- Older Adults who would enjoy regularly scheduled extended social conversations with a pharmacy, nursing or dental medicine student.

If you are interested in participating yourself as an older adult in this program or are a service provider of a community of older adults and interested in having your residents participate please let me know by [Friday, January 29, 2021](#).

Thank you so much for your consideration wanting to participate in this unique program to connect older adults with students!

I look forward to hearing from you,

Jodi

For more information and to participate please contact:

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