University of Colorado Anschutz Medical Campus Multi-disciplinary Center on Aging Age-Friendly University Initiatives: In 2021, the University of Colorado Anschutz Medical Campus became the 4th biomedical research institution in the world to achieve the designation as an Age-Friendly University -- an effort led by the Multi-disciplinary Center on Aging. We have 3 priorities anchoring our Age-Friendly University work:

- Research Innovation
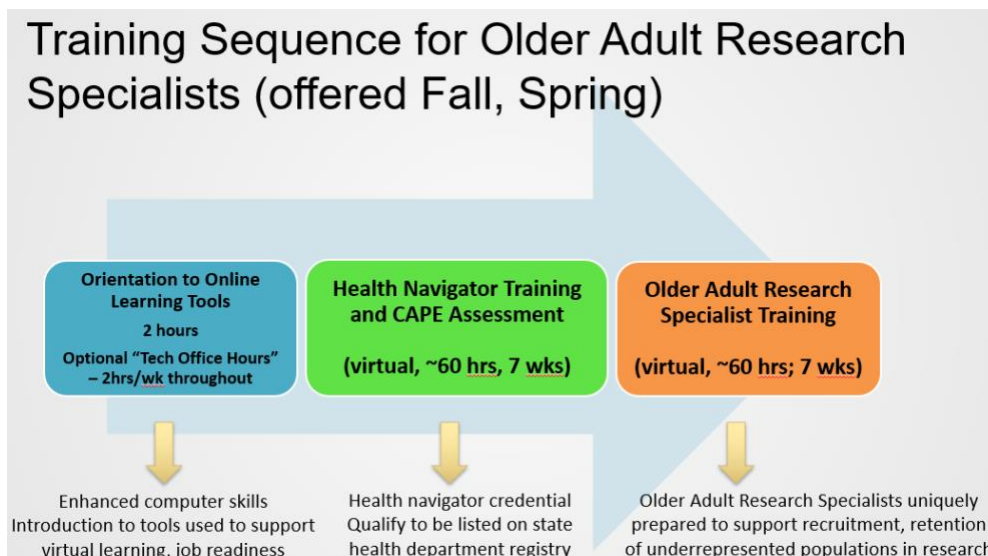- Encore careers
- Intergenerational learning

A 3-year, $1.5M NIH/National Institute on Aging R24 (research infrastructure) award (9.29.21- 6.30.24) is advancing this work in across campus. The primary goal of this award is to increase the recruitment and retention of older adults in clinical trials to improve the generalizability of research results to older adults, thereby leading to improvements in healthcare and health outcomes for older adult populations.

Older Adult Research Specialists (OARS): OARS are older adults (average age 69) who bring their lived experience, transferable professional skills, connection to older adult communities, and extensive training to promote and facilitate the inclusion of older adults in clinical trials. OARS complete 14 weeks of intensive training as health navigators and research navigators as they prepare to fulfill key roles engaging diverse communities; facilitating the informed consent process; and, supporting retention through the identification of barriers, solutions and needed resources. Team-based projects, a training requirement, provide opportunities for OARS to work in diverse teams to develop innovative solutions to barriers that may otherwise limit older adults' participation in research.

Highlights of OARS unique training/preparation for roles:
- Health Navigation Training (Colorado Department of Public Health and Environment-recognized program; CU Anschutz School of Medicine's Center for Advancing Professional Excellence confers credential for those who pass simulated-patient competency assessment)
- Mental Health First Aid Certified (national)
- Motivational Interviewing
- Cultural Competency; Justice, Equity, Diversity, Inclusion; Health Literacy
- Denver Human Services training on available resources to address Social Determinants of Health (day-long, scenario-based)
- Computer literacy
- Clinical trials, research ethics, current regulations, informed consent, 5Ts and Geriatric 5Ms for including older adults
- Problem-based, solution-focused projects to creatively and collaboratively develop new solutions to increase inclusion of older adults in research

Older Adult Research Specialist Training Program (offered Fall and Spring annually)

Training Sequence for Older Adult Research Specialists (offered Fall, Spring)

Orientation to Online Learning Tools	Health Navigator Training and CAPE Assessment	Older Adult Research Specialist Training
2 hours	(virtual, ~60 hrs, 7 wks)	(virtual, ~60 hrs; 7 wks)
Optional "Tech Office Hours" – 2hrs/wk throughout		
Enhanced computer skills Introduction to tools used to support virtual learning, job readiness	Health navigator credential Qualify to be listed on state health department registry	Older Adult Research Specialists uniquely prepared to support recruitment, retention of underrepresented populations in research

CU Anschutz Multi-disciplinary Center on Aging Training Programs -- no registration fees, stipends provided:

- **Health Navigation Training program:** a Colorado Department of Public Health and Environment-recognized health navigation training program (one of 4 such programs in the state). This cohort-based, 7-week, 60-hour virtual training program combines self-led components and live learning sessions, which are held twice a week (9am-12pm) via Zoom. The curriculum spans foundational courses such as Diversity, Equity, Inclusion; Mental Health First Aid (conferring associated certificate); True Colors; and, Motivational Interviewing. The core of the competency-based program is six Health Navigation modules that span the following content: health navigator role and scope, working as part of interprofessional teams, HIPAA and healthcare law and ethics, cultural competency, health literacy, social determinants of health, trauma informed care, oral health, introduction to chronic diseases and a broad overview of community resources provided by Denver Human Services. After completing the training program, participants may take a patient-simulated, competency-based assessment administered by the University of Colorado School of Medicine's Center for Advancing Professional Excellence. Those who pass the assessment are eligible to be listed on the state registry of credentialed health navigators maintained by the Colorado Department of Public Health and Environment.
- **Older Adult Research Specialist Training program:** a cohort-based, 7-week, 60-hour virtual training program that combines self-led components and live learning sessions, which are held twice a week (9am-12pm) via Zoom. The program prepares individuals trained in health navigation to serve as research navigators who can support the recruitment and retention of older adult peers in clinical trials to improve the generalizability of research findings to older adults and the quality of associated healthcare. The curriculum covers role and scope of Older Adult Research Specialists as research navigators, an introduction to clinical trials, frameworks/models to support including older adults in clinical research, evolution of human subjects research protections, essential elements of informed consent and associated role plays, and team-based applied projects that generate novel solutions to address barriers to older adults' participation in research.
- **Computer Literacy Training:** We offer computer literacy training concurrently with the above training programs as Office Hours (1 hour/each twice a week). Computer literacy training is offered to 1) support access to and success during the virtual training programs described above; 2) support the development of additional job readiness skills; and, 3) build computer knowledge and skills that older adults can transfer to those with whom they may ultimately work as health navigators and/or Older Adult Research Specialists. Our computer literacy instructor brings 5 years of experience training older adults in computer literacy and uses a learner-centered approach that is driven by participants' needs and interests.

Traveling Research Roadshows

The goal of these 1-2 day events is to engage older adults from these communities, and family and friends who may attend with them, in interactive opportunities to learn about and engage with research in fun, experiential ways to make both research and research teams more accessible. We want to offer a number of different types of engagement opportunities, to be offered in conjunction with health-related resource fairs. Examples include the following:

- **Usability Testing of Assistive Devices and Technologies:**
Usability testing of assistive devices/technologies will facilitate participants' linking the experience of providing "data" to inform the development of concrete products with a clear connection to improving lives. We will draw parallels to this experience and the importance of diverse older adults' participation in trials. We will sustain engagement through an Older Adults in Research newsletter and local partnerships to continue to offer seminars and workshops focused on healthy aging. Newsletters will feature messaging/language developed by OARS to highlight clinical trials – both research results and opportunities to participate.

- **Connectivity to Research – Bridging Information Gaps and the Digital Divide**

At each of these Research Roadshows, we will offer a breakout session (at least 2x/event) for older adults to participate in computer literacy training. Each workshop can accommodate 25-50 participants. Sessions will be designed as skill-building workshops to improve computer literacy to promote enhanced access to information regarding clinical research. For example, participants will practice navigating to and using the new ADA-compliant research portal to access information about research findings of interest and opportunities to participate in clinical trials.

Inclusion of Older Adults in Research Consult Service

The free *Inclusion of Older Adults in Research* Consult Service is available monthly through the CU Anschutz Multi-disciplinary Center on Aging to support research teams that may be struggling to recruit and retail older adults and other underrepresented populations in clinical research. Staffed with Older Adult Research Specialists, this consult service helps clinical investigators problem-solve around barriers, brainstorm new solutions and obtain feedback to increase participation of older adults and other underrepresented populations. Outcomes include:

- **Enhanced knowledge, awareness** of unique considerations for including older adults and other underrepresented populations in clinical trials

- **Exposure to** Older Adult Research Specialists who may be hired by clinical research teams to increase recruitment and retention

- **Access to** novel products and resources developed by Older Adult Research Specialists to support recruitment and retention of older adults in clinical trials

Monthly 2-hour Consult Service Meetings
Process Flow: Before, During, After Each Meeting

During each meeting **2 wks before next meeting**

| Consult service receives request form + background materials | Review feedback from previous meeting, have discussion with guest (1.5 hrs), summary, member evaluation | Prepare notes, summarize member evals → share with guest, invite to do evaluation | Share all materials with Consult Service ahead of subsequent meeting |

At least 2 weeks prior **Usually within a week**