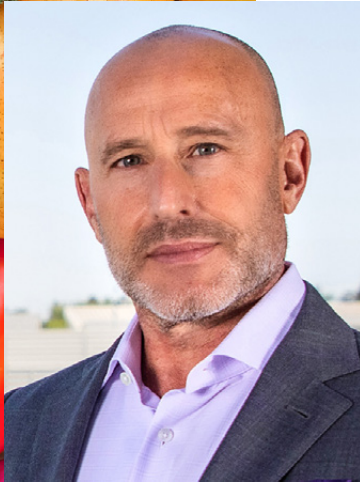


Reimagining the Future of Health Care for Older Adults

The Healthy Aging Initiative at UC Davis Health





A Message From the Vice Chancellor

At UC Davis Health, we set the benchmark of excellence in person-centered health care. We leverage our cutting-edge research, interdisciplinary education and world-class clinical services to provide care throughout the aging process. To optimize quality of care for older adults, our Healthy Aging Initiative is innovating for the future. We must ensure that older individuals and family caregivers have access to health care that first and foremost supports what matters most to them. From redefining holistic, age-friendly services to catalyzing scientific discovery and developing state-of-the-art technology, the Healthy Aging Initiative will increase equitable access to the highest-quality health care for older adults in our region.

This initiative is a coordinated effort across the full scope of UC Davis Health's strengths — including our expertise in family caregiving, cardiovascular medicine, nutrition and more — that will deepen our knowledge and broaden our approach in geriatric medicine. We are ready to work together with individuals and caregivers to provide them with all aspects of age-friendly care, from emergency medicine and specialty surgery at the UC Davis Medical Center to comprehensive services at the new Healthy Aging Clinic. And with UC Davis Health's commitment to equity and inclusion, our initiative's benefits will reach every part of the communities we serve.

I invite you to join us as we work toward our vision for the future of healthy aging. Together, we will create a sustainable model of comprehensive health care that empowers diverse patients and families to have the best quality of life possible — now and for generations to come.

David Lubarsky, M.D., MBA, F.A.S.A.

Vice Chancellor of Human Health Sciences and Chief Executive Officer
UC Davis Health

**UC DAVIS
HEALTH**



A Vision for the Future of Healthy Aging

Anya, 82, is meeting with her new primary care physician for the first time. Her nerves settle as her doctor takes the time to ask questions about what makes her life most meaningful, and explains how they will work together on her care plan. Francisco, 76, needs only to walk down a hallway at the Healthy Aging Clinic for clinicians to diagnose his balance issues with gait assessment technology. Rowan, a recent college graduate and caregiver for their 66-year-old mother who lives with chronic health issues, no longer feels invisible and overwhelmed thanks to individualized support.





In the United States, it is estimated that people ages 65 and older will make up 20% of our society by the end of this decade. As we grow older, so too grow our needs for health care that can meet the complex challenges of aging.

The [Healthy Aging Initiative](#) at UC Davis Health is leading the way toward a future where people receive the comprehensive support they need to safely and comfortably live in their own homes as they get older. We believe that the key to healthy aging is an integrated approach to health across the lifespan — where respect, compassion and a

focus on holistic well-being are built into every interaction, with every provider. Through collaboration between the UC Davis School of Medicine, the Betty Irene Moore School of Nursing at UC Davis and other strategic partners, we will serve our region's diverse older-adult population and their families with transformative personalized care.

Drawing on the power of more than 150 faculty members who study aging, we are accelerating new discoveries and technology to solve the unique challenges that older individuals face. And as our region's premier destination for health care education, we are

preparing the next generation of health care leaders to set the standard of excellence in age-friendly care. We are also committed to sharing our knowledge with our wider community through outreach programs for patients and caregivers.

Philanthropic investment and partnerships are key to realizing our vision for the future of healthy aging. With your support, we will ensure that health care for older adults is customized, culturally inclusive and fully integrated — providing every individual with the highest-quality care and caregivers with the highest-quality support.

What Matters Most

The Healthy Aging Initiative puts people and their families first. Our approach to age-friendly health care delivery focuses on a framework known as the 4Ms:

- **What Matters:** We ask patients and their families about their values, their concerns and what is most important to them. Each individual's entire care experience is personalized to support their specific health goals and cultural preferences.
- **Medication:** When necessary, we prescribe age-friendly medication that does not interfere with what matters, mobility or mental function, across all settings of care.
- **Mentation:** We focus on preventing, identifying, treating and managing cognitive health issues — such as dementia, depression and delirium — across all settings of care.
- **Mobility:** We ensure that older adults can move safely every day in order to continue doing what matters most.

By incorporating the 4Ms, we provide care that is tailored to address individual beliefs and to support what makes life fulfilling. The Healthy Aging Initiative is integrating our services and building interdisciplinary relationships among experts within and across departments and disciplines, so that patients and families experience a seamless, easy-to-navigate continuum of care.



Innovating Across the Spectrum of Care: Philanthropic Opportunities

Private support provides vital momentum to help reimagine the future of healthy aging. Investments in our groundbreaking research, comprehensive clinical services, transformative educational opportunities, and the visionary leaders who are lighting new paths forward all amplify the impact of the Healthy Aging Initiative.

We invite the partnership of those who share our commitment to ensuring health and well-being at every step of the aging process. **Together, we will change the future of medicine by providing an unparalleled health care experience for older adults in our region.**



“The Healthy Aging Initiative guides our entire health system toward a future where older adults’ unique needs are top of mind for every care decision. Our approach to aging serves as a model of excellence and creates a great ripple effect as UC Davis-led research and UC Davis-trained health care providers impact people throughout the world.”

- **Stephen J. Cavanagh, Ph.D., M.P.A., R.N., F.A.C.H.E., F.A.A.N.**

Dignity Health Dean’s Chair for
Nursing Leadership

Dean and Professor, Betty Irene Moore
School of Nursing at UC Davis



The Future of Age-Friendly Care

UC Davis Health is uniquely positioned to change how our region approaches aging. Our world-class clinicians and scientists have bold ideas and ambitious goals for the future of age-related health care. Your philanthropic investment in any one of these key priorities will help sustain the impact of our work for generations to come.

Expand our age-friendly clinical care

We believe that the best health care places people first. Our initiative is strengthening connections between the Healthy Aging Clinic, the emergency department, inpatient services, transitions of care and community care, skilled nursing facilities, and other partners so that patients and their families receive expert care across a complex system of providers.

Educate the next generation of leaders

Systemic change starts with teaching clinicians to understand the unique needs of an aging population, and education plays an integral role in the success of our initiative. We are providing age-friendly clinical training to health care providers and students through fellowships, clinical preceptorships, degree program curriculum and professional education opportunities.

Advance cutting-edge research

Behind every UC Davis care provider is an entire university of researchers and scientists making life-changing advancements. From clinical trials conducted in our Alzheimer's Disease Research Center to the Family Caregiving Institute's research into the needs of diverse communities, groundbreaking discoveries are key to improving older adults' quality of life.

Empower our community

We are committed to providing educational resources to our entire community. With your support, patients will be able to make better-informed decisions about their health, and caregivers will have the resources they need to facilitate high-quality home care for their loved ones.

Attract innovative leaders to join our initiative

Endowed chairs and professorships enable us to recruit the world's top talent and support the work that will make our shared vision a reality. Through these prestigious positions, UC Davis will become a leading destination for distinguished faculty leaders in age-friendly health care.



The Healthy Aging Clinic: A one-stop resource for older-adult health

The Healthy Aging Clinic is a vital nexus point where we serve our region’s older adults, as well as family caregivers. This interdisciplinary clinic in midtown Sacramento offers a variety of services in a single location — including primary care, cognitive assessments, a pharmacy for medication management, physical and occupational therapy, caregiving support, nutrition consultations, a dementia care program, a mobility clinic and, eventually, advanced care planning guidance.

“The Healthy Aging Clinic is built upon one very important premise: that the care

of the aging person and their caregivers requires a number of different approaches — not just the medicine and treatment side, but also the way in which we partner with patients and their caregivers, which involves education,” explained **Stephen Cavanagh**, dean of the Betty Irene Moore School of Nursing.

A team of geriatricians, geriatric nurse practitioners, pharmacists, cognitive specialists, physical therapists and case managers collaborate at the clinic to provide comprehensive health care, often taking on complex cases. The clinic also

has dedicated rooms to train caregivers — the family members and friends who assist aging individuals — and serves as a hub of education for health care professionals, including nurse practitioner and physician assistant students at the School of Nursing and medical students and residents at the School of Medicine.

“This is a culture shift for patients and our providers as well,” explained Cavanagh. “We are about improving health and we are about really making sure that we put our patients and their families at the center and build programs to do just that.”

The Family Caregiving Institute: Compassionate support and training for caregivers

“No one knows how to be a caregiver. You just jump in and start doing and making mistakes. You feel scared and guilty and stressed,” said Nancy Pennebaker, a caregiver to her 84-year-old husband, who lives with cognitive challenges.

Pennebaker’s initial experiences are common for the millions of individuals who provide care to aging family members or friends. The Family Caregiving Institute (FCI) at the Betty Irene Moore School of Nursing is working to change that. Through provider

and caregiver education — and research that advances best practices, technologies and strategies for sustaining this critical workforce — the FCI is leading bold systemic change.

Our family caregiver services set UC Davis Health apart from other health care providers. For example, through the FCI’s consultation services, a caregiver can meet with a health care professional to learn how to do complex tasks such as managing medications and caring for wounds. Researchers

in the FCI believe this coordinated, comprehensive approach will ultimately decrease costs associated with emergency visits and hospitalizations, while increasing health and wellness for both caregivers and those they care for.

“After meeting with caregiving experts, I don’t feel so alone anymore,” explained Pennebaker. “They suggest things that need to change and show me how to do that. I’m growing as a result. I kind of like who I’m becoming because I’m learning a lot.”

Gifts to support the FCI’s programs will transform our current systems of support for caregivers — advancing care for older adults while empowering those who care for them.



The Age-Friendly Emergency Department: Comprehensive care at a critical moment

Almost 15,000 older adults visit UC Davis Medical Center with an emergency every year — an average of 40 patients per day. Many arrive at the Emergency Department (ED) with needs that may not be addressed by standard triage protocols.

“Older adults present with complex medical and social issues, making them more challenging to diagnose and discharge,” said **Katren Tyler**, senior ED physician-lead at the medical center. “With a continuing increase of people over the age of 65 in the ED, we must change how we approach these patients upon arrival, so that we can improve their experiences, streamline the discharge process and eliminate unnecessary hospitalizations.”

Enhancing age-friendly care within the ED is a top priority of the Healthy Aging Initiative. With the support of philanthropic partners who share our vision, our goal is to establish a dedicated age-friendly ED at the UC Davis Medical Center.

Tyler and her team have made a variety of age-friendly advances within the current department, including:

- Updating the electronic health record software used at UC Davis Health to include age-friendly screening tools
- Establishing a geriatric emergency management group to improve multidisciplinary older-adult care, including physical therapy, social work, case management, transitions of care, pharmacy and nursing
- Constructing a geriatric cart in ED clinical areas to facilitate skin care, mobility and comfort
- Making mobility supplies such as canes, quad canes and walkers available
- Developing a geriatric pain panel and acute functional decline observation protocol

Our ED was the Sacramento region’s first participant to earn designation as an Age-Friendly Health System, and one of only 21 EDs in the nation to receive Gold Level 1 Geriatric Emergency Department Accreditation.

“With these new systems and tools in place, we can better detect older adults in the ED who are at increased risk for adverse outcomes,” Tyler added. “We believe it’s a great step toward achieving our goals.”



The Alzheimer's Disease Research Center: Research for healthy brain aging

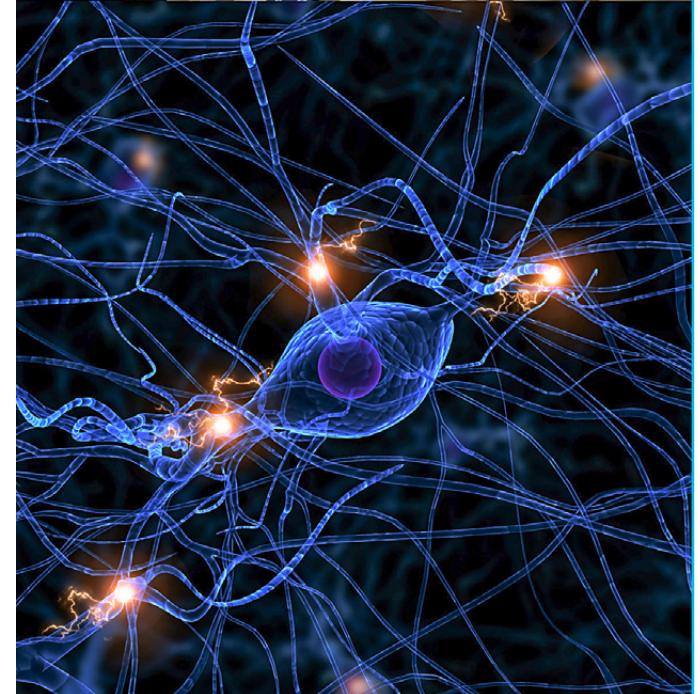
An estimated 50 million people worldwide have dementia, and that number is expected to almost triple by 2050. For **Charles DeCarli**, director of the UC Davis Alzheimer's Disease Research Center and one of the nation's leading Alzheimer's and dementia researchers, the Healthy Aging Initiative is a powerful opportunity to help people live their best lives: "This could be one of the most impactful things we do for health care in the region for the next 20 years."

DeCarli and his colleagues conduct research that leads to improved diagnosis and treatment of Alzheimer's, with the long-term goal of preventing or curing the disease. In 2020, DeCarli and UC Davis Health scientists received a \$53.6 million National Institutes of Health (NIH) grant — the largest grant in the School of Medicine's history — to study the role of incidental white matter lesions in dementia among diverse groups of people.

The Alzheimer's Disease Research Center is one of only 31 research centers designated by the NIH Institute on Aging. With the support of the Healthy Aging Initiative, DeCarli envisions future age-friendly care at UC Davis Health that includes a larger geriatric program with expanded cognitive assessments for those who need them.

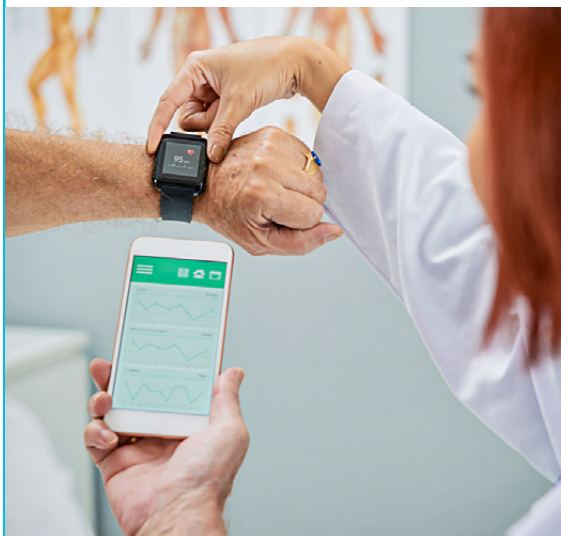
"When we lag in cognitive evaluations, patients come in sicker, which leads to a cascade of problems," DeCarli said. "But we know that with early detection, patients and their caregivers earn confidence through education. That assessment could even change a diagnosis and alter a course of treatment."

Support for the Healthy Aging Initiative will empower clinicians and scientists like DeCarli to make novel discoveries about cognitive health for older adults and develop new approaches to care.



Healthy Aging in a Digital World: Assistive technology for successful aging

While health care advances have enabled us to live longer, technological advances are enabling us to live longer, better. The Healthy Aging in a Digital World initiative is focused on developing patient-centered technology solutions that advance health, maintain independence, create



social connections and reduce the effects of illness as we age.

“Healthy Aging in a Digital World came together as a collaboration among a diverse group of scientists who were all interested in aging and its implications for the health care system and for our lives,” said **Heather M. Young**, dean emerita of the Betty Irene Moore School of Nursing. “I am excited by our early work to promote

technology-enabled care and support for older adults who want to age in the community with vitality and engagement.”

From using state-of-the-art data analysis to better predict health outcomes, to reducing geographic disparities in health care quality through telehealth, the Healthy Aging in a Digital World initiative is reimagining aging as we know it.

Center for Health and Technology: Digital connection for healthy aging in place

UC Davis Health’s telehealth program was established 30 years ago to reduce health disparities by bringing clinical care and educational resources directly to communities in need of specialized services. Now, as home to one of the nation’s best telehealth programs, our Center for Health and Technology is creating new models of care through technology-enabled clinical services, research, training and education.

The center currently serves more than 80 sites throughout California, Oregon, Nevada and Guam, with a number of digital health programs designed to make at-home care more convenient and effective for patients and families. By connecting people with cutting-edge, user-friendly technologies, the center plays a vital role in the Healthy Aging Initiative’s commitment to offering a system for convenient and practical management of care, allowing people to age in place where they feel most comfortable.

The Healthy Aging Education Series: Enhancing healthy aging for all

Over the past two decades, UC Davis Health has opened its classrooms on Saturdays to more than 10,000 people through the Mini Medical School program of the Healthy Aging Education Series — a free educational program focused on healthy aging. Clinicians, researchers and educators from the School of Medicine, the Betty Irene Moore School of Nursing and various university research centers have shared their knowledge with community members about topics ranging from mental health for older adults to the latest COVID-19 information. With no prerequisites to join and open to people of all ages and backgrounds, the Healthy Aging Education Series is increasing community awareness about the aging process and enabling older adults to lead healthier lives.



“One of the greatest benefits of an academic health system is how all-encompassing it is. We provide the research, clinical care and education all together, allowing us to quickly integrate the newest breakthroughs into clinical practice, our teaching curriculum and our community outreach programs.”

- Susan Murin, M.D., MSc, M.B.A.
Interim Dean, UC Davis School of
Medicine

Philanthropic Opportunities

We invite your philanthropic partnership to help us advance older-adult health and well-being through care, research and education.

Invest in Comprehensive Care

Name the **Healthy Aging Clinic in Sacramento**, our one-stop center for older-adult health care

Fund **enhancements to the Healthy Aging Clinic** that allow us to expand our services and serve more patients

Build a dedicated **Age-Friendly Emergency Department** at the Medical Center

Help develop **sophisticated gait assessment technology** in primary care clinics throughout UC Davis Health to support the early detection of gait changes and early intervention

Fund enhancements to our **electronic health record software** that improve older-adult and family-centered care

Support **telehealth and technology projects** that facilitate independence for older adults

Foster Groundbreaking Research and Education

Create an **endowed faculty chair** to support a top geriatrics researcher within the new Division of Geriatric, Hospice and Palliative Care Medicine, or a department of your choosing

Name **endowed professorships** within the department of your choosing to attract and retain distinguished scholars focused on geriatric care

Establish a **geriatric research fellowship** to prepare the next generation of experts in older-adult care

Provide funding to develop a **Family Caregiver Training Center**, an addition to the Family Caregiving Institute that would provide complex care instruction to family caregivers

Establish a **Family Caregiver Assistance Fund** to help ease the financial impact of caregiving

Support the **Alzheimer's Disease Research Center's Research Innovation Fund** to seed scientific breakthroughs that support new therapies

Fund **seed grants** to advance innovative research in older-adult health care

Sustain the **Alzheimer's Disease Research Center Excellence Fund** to provide flexible, unrestricted support that allows the center's director to fund urgent and emerging priorities

For more information about giving to the **Healthy Aging Initiative**, please contact:

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Ways of Giving

We respect that, for each donor who wishes to provide significant philanthropic support, there are personal, financial and gift planning aspects to consider. We will work with you to realize your philanthropic vision and develop the gift plan that best meets your needs. At your request, we can also work with your tax and financial advisors.

Following are various gift types and their associated benefits. You may wish to consider a mix of gift types to help you achieve both your philanthropic and financial objectives.

Cash Gifts

- Are the simplest and most popular giving method
- Can be tax deductible in the year they are given

Gifts of Securities

- Include stocks, mutual funds and bonds
- Can avoid capital gains taxes
- Can provide an income tax deduction for the full fair market value of long-term, appreciated securities

Gifts of Real Property

- Include land, farms, personal residences, and rental or commercial property
- Can avoid capital gains tax on appreciated assets
- Can provide an income tax deduction for the full fair market value of long-term, appreciated property
- Can eliminate property expenses and taxes
- Can provide continued use for life through a retained life estate gift

Bequests and Living Trusts

- Establish the UC Davis Foundation as a beneficiary of your estate
- Can provide an estate tax deduction equal to the value of the gift
- Offer flexibility by allowing you to provide for family first

Retirement Plan Gifts

- For current gifts, utilize the IRA Qualified Charitable Distribution provision (for donors aged 70½ and older)
- Name the UC Davis Foundation as a beneficiary
- Can eliminate income tax on the plan distributions
- Preserve the plan's full value for gift purposes

Life Income Gifts

- Include charitable remainder trusts and gift annuities
- Can provide potential tax savings on income, estate and capital gains
- Generate income for you and/or your loved ones for a fixed period of time or until your passing
- Distribute the remaining assets to the UC Davis Foundation