



UC Irvine School of Medicine

TRAIN NEW TRAINERS

Primary Care – Improving Health for Older Persons with Education (PC-IHOPE) Fellowship

Geriatric Behavioral Track

Program Structure & Learning Model

- Led by nationally recognized geriatric and behavioral health faculty
- 9-month CME training
- Two in-person conferences each year
- Flexible hybrid format: 3–4 hours per month
- Career-long mentorship for clinicians serving rural communities, building local geriatric and behavioral health leaders

Behavioral Health & Cognitive Disorders

- Mood disorders, late-life depression and serious mental illness among older adults
- Anxiety disorders
- Suicide prevention and risk assessment among older adults
- Delirium
- Dementia: early detection, treatment, prevention, and behavioral symptoms
- Insomnia and sleep disorders
- Cognitive impairment and cognitive health assessment
- Loneliness, isolation, and social drivers of health
- Trauma-informed care
- Substance use disorders among older adults

Foundations of Geriatric Care

- The 5Ms of geriatrics:
 - Multi-complexity (multiple chronic conditions)
 - Mind (dementia, depression, cognitive health)
 - Mobility (falls, frailty, function)
 - Medications (polypharmacy and deprescribing)
 - What Matters Most (patient values, goals, and preferences)
- Safe exercise, healthy aging, and functional longevity
- Social determinants of health and their impact on older adults
- End-of-life planning and serious illness conversations
- Spirituality and whole-person care
- Recognition and response to elder abuse

Complex Medical Conditions in Older Adults

- Common cancers in aging populations
- Infectious disease prevention
- Optimizing heart health
- Common neurological disorders
- Pain management and safe prescribing

FELLOWSHIP OVERVIEW

Primary Care – Improving Health for Older Persons with Education (PC-IHOPE) Fellowship

About the IHOPE Fellowship Program

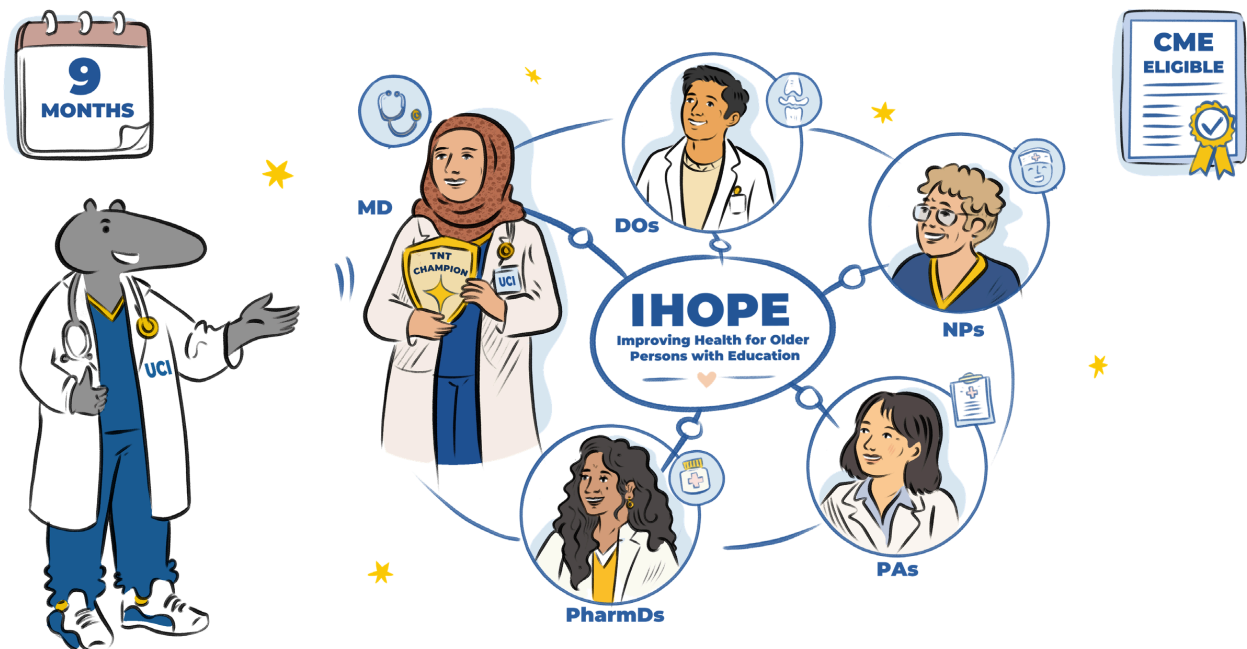
The IHOPE Geriatric Medicine Fellowship is a one-year, advanced training program designed to expand and strengthen the primary care workforce in geriatric medicine and geriatric behavioral health. The Fellowship provides targeted, multi-dimensional education focused on prevention, wellness, and the behavioral health needs of older adults, equipping clinicians with practical, evidence-informed skills they can apply immediately. Built on the nationally proven Train New Trainers (TNT) model, the program develops statewide IHOPE “champions” who extend the impact of their training by teaching colleagues and improving care for exponentially more patients. The Fellowship is delivered largely outside of normal clinic hours, allowing participants to continue practicing in primary care while receiving career-long learning support. Program outcomes will be peer-reviewed and published as a core deliverable of this Fellowship track.

This training program is offered through the California Rural Health Transformation (CalRHT) Program, a statewide initiative administered by the California Department of Health Care Access and Information (HCAI) that supports rural communities in improving health care access, quality, and outcomes through innovation, strategic partnerships, infrastructure development, and workforce investment.

The CalRHT program is supported by the Centers for Medicare & Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial award totaling \$233,639,308.46 with 100 percent funded by CMS/HHS. The contents are those of CalRHT and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government.

Potential Fellow Candidates Include: DOs, MDs, NPs, PAs, PharmDs

Tuition: \$15,500* *Tuition costs may be waived for qualified rural applicants



Contact our team at tntfellowships@hs.uci.edu or 949-824-4910.