



The CU Aging Center:

- **Delivers services where clients live**, with a mental health clinic embedded within the community, and an at-home program that visits seniors with limited mobility
- **Provides low-fee, sliding-scale services**, to ensure no one is turned away due to inability to pay
- **Focuses on integrating mental health and medical care**, placing student clinicians in medical settings to reach seniors who must otherwise travel all over the region to see multiple health care providers
- **Supports caregivers comprehensively** based on an innovative model developed at UCCS that helps families deal broadly with role changes as people age, and the complex issues that arise as part of caregiving
- **Educates tomorrow's care providers**, who gain essential clinical experience under the supervision offered by licensed psychologists

Donors Provide the Momentum

Thanks to partners and supporters, the CU Aging Center has doubled its hours of services in just three years. This is essential, as the need both for services and for trained geropsychologists is escalating both regionally and nationally.

Individual and foundation gifts account for more than 50 percent of the CU Aging Center's budget, and the need for donors renews itself each year.

You can enrich our nationally recognized programs by supporting:

- Student scholarships
- Clinical interns
- A clinical staff position

With your support, the CU Aging Center will continue to find innovative ways to ensure our seniors are aging well, and to support the needs of caregiving families throughout and beyond our region.

To learn about the many ways you can make a gift, contact:

Megan Fisher

Associate Director of Development
University of Colorado Foundation
1420 Austin Bluffs Pkwy.
Colorado Springs, CO 80918
719-255-5104
megan.fisher@cufund.org

www.cufund.org



All gifts should be made to the University of Colorado Foundation for the purpose designated.

October 2010 | JS/JP

Creating Futures

*University of Colorado
at Colorado Springs*



CU Aging Center

A Catalyst for Future Geropsychologists,
A Hidden Gem Serving Seniors and Families

Providing Senior Psychological Services

America's senior population is growing at an unprecedented rate. Colorado, with 39 percent more seniors today than it had just 10 years ago, is at the leading edge of this trend.

This shift has generated greater need related to the mental health of older adults. The challenges of aging can affect the general wellbeing of seniors. The demands of caregiving touch those of all ages. High-quality, specialized resources are necessary to meet these growing needs, and they must be accessible in the community.

The CU Aging Center, administered by the University of Colorado at Colorado Springs (UCCS) and embedded within the community, is a hub of vital, affordable mental health services for seniors, and a clinical training site for future geropsychologists. You can help the CU Aging Center continue to improve the quality of life for seniors and their caregiver families with your support.

Last year, 2,500 seniors and caregivers received nearly 6,200 hours of CU Aging Center services in the following areas:

- **Memory and Cognitive Programs** such as neuropsychological assessments, a memory clinic, and cognitive and psychological screenings
- **Aging Family and Caregiver Programs** such as Coping with Caregiving classes, individual and group counseling, and community outreach
- **Psychotherapy** in individual and group settings
- **Community Programs** through affiliations with community senior-service partners including Peak Vista Community Health Centers, Sunny Vista Living Center, Silver Key Senior Services, and Rocky Mountain PACE

Geropsychology at UCCS

At the Forefront of a Burgeoning Field

The CU Aging Center is the primary clinical training site for UCCS's PhD program in Clinical Psychology. The PhD program has a strong curricular emphasis in geropsychology, a national reputation for innovative training in the field, and a history of providing interdisciplinary training to serve our community's vulnerable seniors.

The program has been accredited by the American Psychological Association, which now recognizes geropsychology as a specialty, based on growing recognition that senior mental health care requires distinct approaches not fully addressed in conventional clinical psychology training. UCCS's PhD students benefit from innovative scholarship and leadership. These benefits flow through to the CU Aging Center's clients.

"The Aging Center is training the future geropsychologists that will care for your parents, my parents, yourself. It uses models of therapy that are the gold standard for geropsychology—and it all came from the work done in this clinic. It's a wonderful thing to inherit."

Kimberly Hiroto, PhD '10
Trained at the CU Aging Center



Yes, I would like to make a gift to support the CU Aging Center

(#0421187)

Give Now

A check for the **full amount** of \$_____ is enclosed
(made payable to the **University of Colorado Foundation** and designate **CU Aging Center** in notation area of check).

Charge the **full amount** of \$_____ to my credit card:

Credit Card Information:

Visa MasterCard American Express Discover

Name as it appears on the card (*please print*) Title (*if applicable*)

Account Number Exp. Date

Signature Date

Give Online

Visit www.cufund.org to make your gift online.

Match Your Gift

My company has a matching gift program. The form is:
 enclosed on the way submitted online

Employer name: _____
Matching gifts are designated to the same purpose as your gift, if your company allows, but cannot be applied to outstanding pledge balances.

Donor Name

Mailing Address

City State Zip

Preferred E-mail Address Preferred Phone

I prefer to receive my gift receipt by mail by e-mail

Mail to:

University of Colorado Foundation
1420 Austin Bluffs Pkwy.
Colorado Springs, CO 80918



C1016

The University of Colorado Foundation is a 501(c)(3) tax-exempt organization that raises private support for the benefit of the University of Colorado. Tax ID #84-6049811