



Catalyzing Innovation for Healthy Aging

1700 K Street, NW | Suite 740 | Washington, DC 20006

T 202.293.2856

www.agingresearch.org

[@Aging_Research](https://twitter.com/Aging_Research)

Extraordinary Opportunity to Become a Research Advocate

The Alliance for Aging Research's [Talk NERDY to Me](#) Network (formerly the Senior Patient & Family Caregiver Network) empowers older adults and their caregivers to collaborate with physicians and researchers on patient-centered outcomes research (PCOR) related to (1) Alzheimer's disease, (2) heart valve disease, (3) atrial fibrillation, (4) chronic pain and/or disability, (5) macular degeneration in adults age 65 years and older, and 6) sarcopenia. To achieve this goal, we will train about 35 patients/caregivers through a six-week online workshop and mentoring program.



Beginning in mid-October, participants will meet on Wednesdays from 12:00 PM - 1:30 PM Eastern Time to learn from researchers in the field and each other. Participants will also complete weekly assignments and have other opportunities to collaborate online. The workshop will culminate in individualized action plans for each participant.

By completing the course, participants will learn the following:

- The purpose of—and best practices in—Patient-Centered Outcomes Research (PCOR);
- How to develop research questions meaningful to older adults;
- Key scientific tools and concepts to better understand health research; and
- How to put this training to work.

We are looking for advocates who are:

- Engaged in advocacy in one of the priority health conditions
- Excited to learn about medical research. There is NO prior knowledge or expertise required.
- Able to participate in six 90-minute online sessions. You do NOT need to be tech savvy in any way; we will walk you through every step of the “online” process.
- Complete 3-5 hours of homework prior to each session. (No grading we promise!)

Participants successfully completing the workshop will receive a stipend of \$400 and a Certificate of Completion for participating in the training.

Course Sessions Schedule

Session One: What is Patient-Centered Outcomes Research?

Wednesday, October 14, 2020

Session Two: How does medical research work?

Wednesday, October 21, 2020

Session Three: How do I analyze medical research?

Wednesday, October 28, 2020

Session Four: How do I find and evaluate clinical trials?

Wednesday, November 4, 2020

Session Five: What does PCOR advocacy actually look like?

Wednesday, November 11, 2020

Session Six: What's my plan for getting involved and learning more?

Thursday, November 19, 2020

How to Apply

Anyone who is engaged in advocacy in one of the priority health conditions, excited to learn about medical research, and willing to make full commitment to the six-week program, is encouraged to apply by emailing Sarah DiGiovine at sdigiovine@agingresearch.org.



2017 – Washington, DC | Pilot training



2018 – Chicago, IL | Second training

Questions & Answers

What is patient-centered outcomes research?

Patient-centered outcomes research focuses on questions that are truly important to patients and their caregivers. To ensure that research is patient-centered, patients and caregivers engage in all aspects of the research process, from developing research questions to disseminating results.

What kind of topics will be covered?

Participants will learn the nuts and bolts of research. How are research questions developed? How does funding impact the work? How do researchers decide how to design a particular trial? Participants will also learn about the unique properties of patient-centered outcomes research. What does meaningful patient/caregiver engagement look like? How do we determine the extent to which a research topic matters to patients? What do research advocates actually do?

How would I use this training?

There are many ways advocates can engage in research. This training will help prepare advocates to serve as merit reviewers for organizations like the Patient-Centered Outcomes Research Institute or the National Institutes of Health; sit on research-related committees such as Institutional Review Boards; and partner with researchers in designing, implementing, or disseminating research. We also hope that participants bring the training back to their own communities.

Am I qualified?

If you are engaged in advocacy in one of the priority health conditions, excited to learn about medical research, and willing to make full commitment to the six-week program, then you are qualified!

How do I apply or learn more?

Contact Sarah DiGiovine at sdigiovine@agingresearch.org.



2019 – Dallas, TX | Third training