



Creation of a Virtual Age-Friendly Curriculum for Community Health Workers

Forum on Rural Population Health – May 2026

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Disclosure:

- We have no financial disclosures
- This work was partially funded through a Health Resources and Services Administration (HRSA) grant (U1Q53044). This presentation does not represent the views of HHS, HRSA, or the US Government.



**OREGON
GWEP**

Link to our virtual curriculum:



Click on: **"How to Support Older Adults Learning Series"**

Getting Older in Rural Areas

- 27% of Oregon older adults live in rural areas
- Less access to vital resources for aging:
 - In-home care and community-based services
 - Transportation
 - Nutrition
 - Appropriate housing

What is the role of community health workers (CHWs) with older adults?



ADVOCATE



EDUCATE



COMMUNICATE



COMMUNITY-
BASED

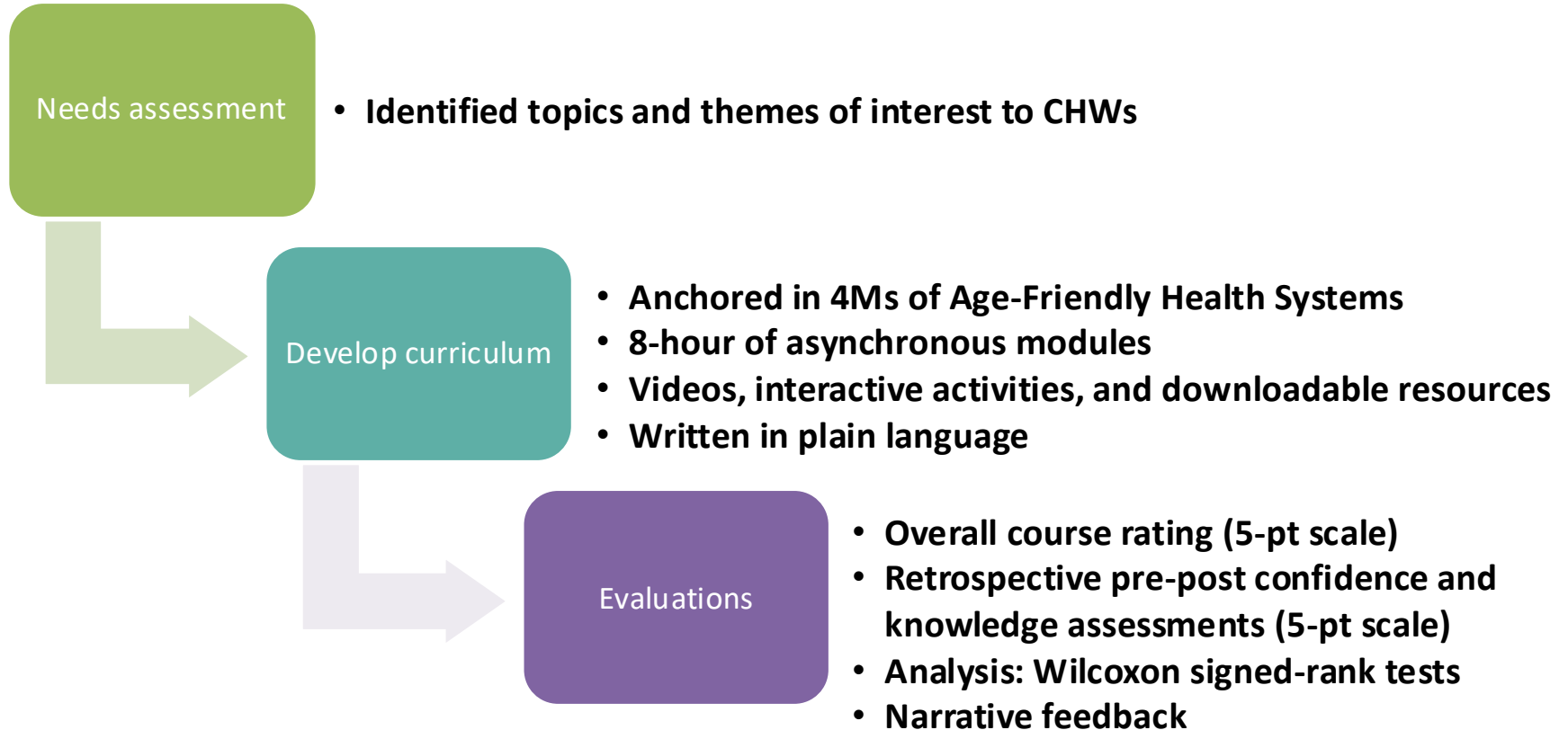
CHWs in rural areas:

- Play a critical role given limited resources
- Can identify in-home needs and connect to resources
- Support older adults to "age in place"

Aim of curriculum:

- CHWs receive little training specific to caring for older adults
- Aim: To create a free virtual curriculum for CHWs to increase knowledge and confidence in caring for older adults

Methods:



Needs assessment:



Connected Care for Older Adults

- pilot program that uses CHW in primary care settings
- created a teaching "wishlist"



Oregon State University CHW training program

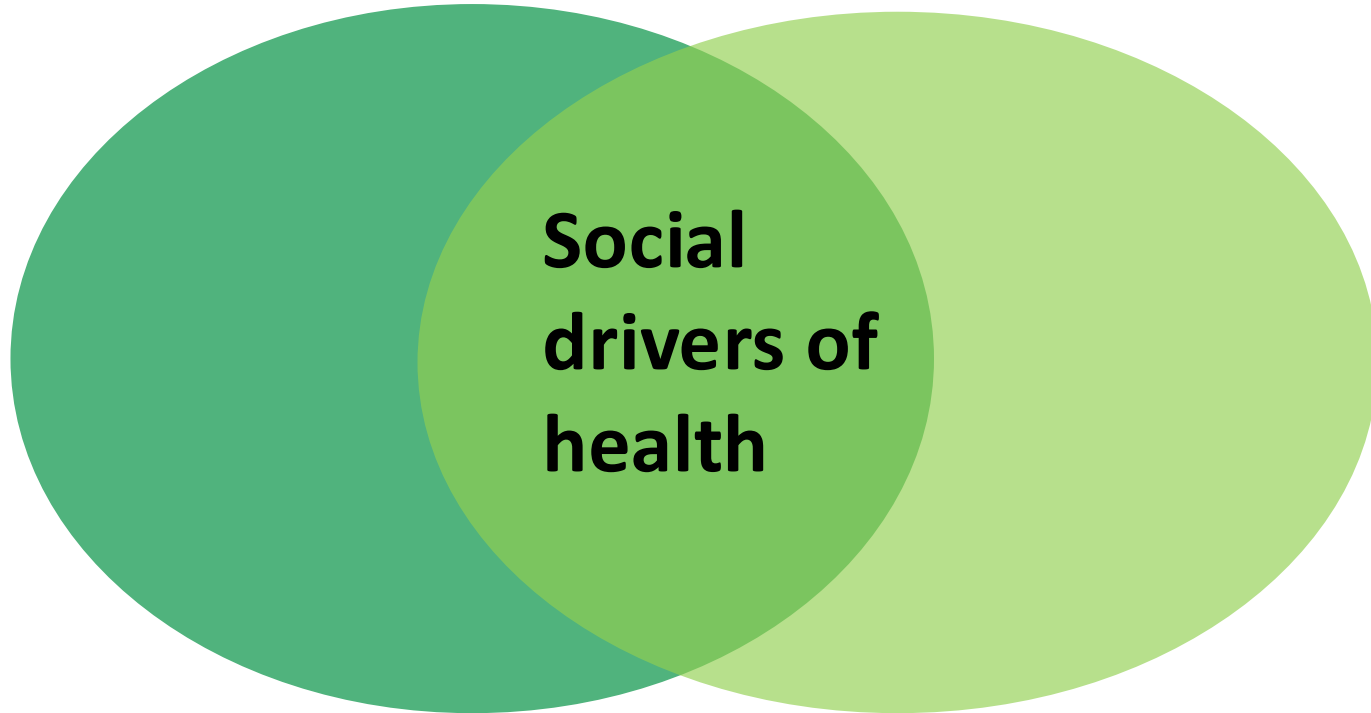
- mapped their syllabus to understand current teachings and develop novel material



Oregon Office of Rural Health

- provided connections to community (rural CHWs) stakeholders to review and provide feedback on training content plan

The only overlap between our content and that which already existed in Oregon (OSU syllabus):



Example feedback from rural CHW:

Rural CHWs would not have easy access to specialty palliative care, thus it was suggested to remove this from our draft content

Module Outline:

Working with Older Adults

Introduction to Patient-Centered Older-Adult Care

Optimizing Communication Strategies with Older Adults

Social Drivers of Health and Older Adults

Scope of Practice for CHWs Working with Older Adults

Intro to the 4Ms and AFHS

The 4Ms of the Age-Friendly Health System

What Matters

Medications

Mobility

Mentation

Putting it together: Common geriatric syndromes

System Navigation for OAs

Demystifying Medicare

State-Based Medicaid Resources

Residential Models of Care

Hospice and Palliative Care

Resources for Older Adults

National

State-based

Food

Community

Safety and respite

Social

Families and caregivers

Cases & Application

Mentation & What Matters

Mobility & What Matters

Medications

Wrap Up

Learning Management System (LMS):

The screenshot shows a Learning Management System (LMS) interface. At the top left, there is a logo for OREGON GWEP (Grant Writing and Evaluation Project) with the text "OREGON" above it and "GWEP" below it. To the right of the logo, the course title "How to Support Older Adults: A Training for Community Health Workers" is displayed. In the top right corner, there are notification and chat icons, and the user's name "Adi Shafir" with the initials "AS".

The main content area is titled "#1-Introduction to Patient-Centered Older Adult Care" and shows "1 / 6" of the course. The course content is organized into a sidebar on the left and a main content area on the right. The sidebar lists the following modules and activities:

- Older Adults
 - Module 1: Working With Older Adults
 - Module 1 Assessment
 - Module 1 Resources
 - Module 2: Introduction to Age-Friendly Health Syst...
 - Module 3: System Navigation for Older Adult Care
 - Module 4: Community Resources for Older Adults
 - Module 5: Incorporating CHWs in Age-Friendly Healt...
 - Final Activities
- Administration
 - Course administration

The main content area displays the title "Introduction to Patient-Centered Older Adult Care" and "Module 1". Below the title, there is a list of topics:

- #1-Introduction to ...
 - Introduction to Patient-Ce...
 - Question 1
 - Question 2
 - Question 3
- #2-Optimizing Co...
 - ...
- #3-Social Drivers ...
 - ...
- #4a-Scope of Prac...
 - ...
- #4b-Scope of Prac...
 - ...

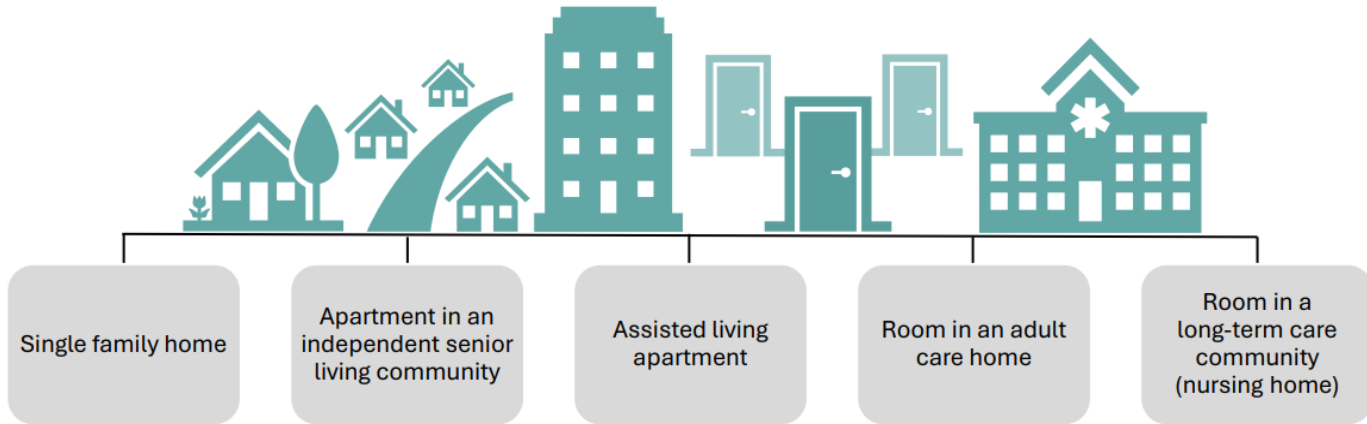
At the bottom of the main content area, there is a "Summary & submit" button. The footer of the page contains the following text: "Funding supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP53044." To the right of the text are logos for OREGON GWEP and COLUMBIA GORGE HEALTH COUNCIL.

Example slide: 'Residential Models of Care'

Many Types of “Homes”

Home

A place where a person lives alone or with loved ones



Example slide: 'Residential Models of Care'

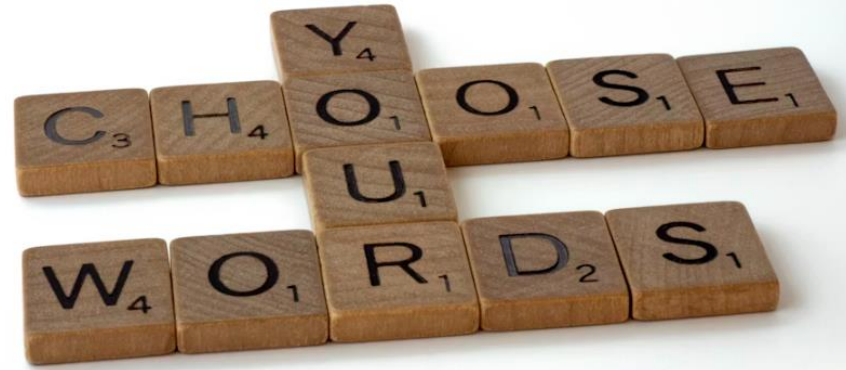


Independent Senior Living Community

- Private apartment
- Private room
- Independent
- Personal care assistance
- Nurse on staff
- Private pay
- Shared communal space
- Shared room
- Daily task assistance
- Social activities
- 24/7 nursing support
- Medicaid assistance

Plain language review:

- 5th grade education
- An audience where English may not be their first language
- Removed medical jargon
- Done by a CHW, also a content reviewer



Plain language edits:

Older adults are at higher risk for unintentional weight loss.



Older adults are at higher risk for losing weight without meaning to.

Learner

demographics:

- Learners who completed the training, 7/2025 - 3/2026

Table 1. Demographic Information (n=37)

Age	Mean (SD)
Range: 24 – 72	46.0 (12.12)
Gender	n (%)
Man	3 (8.1)
Woman	32 (86.5)
Non-binary/third gender	1 (2.7)
Prefer not to say	1 (2.7)
Race	n (%)
American Indian or Alaska Native	2 (5.4)
Asian	2 (5.4)
Black or African American	2 (5.4)
Native Hawaiian or Pacific Islander	1 (2.7)
White	27 (73.0)
Another race	1 (2.7)
Prefer not to answer	2 (5.4)
Ethnicity	n (%)
Hispanic/Latino	7 (18.9)
Non-Hispanic/Latino	28 (75.7)
Prefer not to Answer	2 (5.4)
Primary Role	n (%)
Certified nursing assistant	1 (2.7)
Community health worker	26 (70.3)
Peer support specialist	3 (8.1)
Social work	3 (8.1)
Other	4 (10.8)

Primary Work Setting	n (%)
Clinic and/or hospital	14 (37.8)
Community-based group/org	2 (5.4)
Coordinated care org	1 (2.7)
Faith-based organization	2 (5.4)
FQHC	3 (8.1)
ORCHWA	2 (5.4)
State & local government	4 (10.8)
Other nonprofit group	3 (8.1)
Other setting	5 (13.5)
Missing	1 (2.7)
Years in Practice	n (%)
0 to 1 year	8 (21.6)
2-5 years	13 (35.1)
6 to 10 years	3 (8.1)
11-15 years	7 (18.9)
16 or more years	5 (13.5)
Missing	1 (2.7)

Learner demographics:

- Learners who completed ≥ 1 quiz

Role and Setting of Practice for those completing the demographic survey and at least one quiz

First Role	Secondary Role(s)	Other Role	
Caregiver			1
	Community member		1
Certified nursing assistant (CNA)	Community health worker		2
		CC/CM	1
Community health worker			27
		CHW	1
	Caregiver	Certified Medical Assi..	1
		UMC Deaconess	1
	Community member		1
		CRM	1
	Other	CMA, DIS	1
	Peer support specialist		5
Other		Case Manager, CCMA	1
		community health wor..	1
		Emergency Preparedn..	1
		Program Manager	1
		Teacher	1
Peer support specialist			6
	Other	Tribal Navigator	1
Social work			2
	Community health worker		4
		Board Member	1
	Peer support specialist		1
Grand Total			63

First Setting	Secondary Setting(s)	Setting Comment	
Clinic and/or hospital			11
	Community-based grou..	Tribal	1
	Coordinated care organization	Bridges to Health	4
	Federally Qualified Heal..		1
	Nursing care facility		2
	Other nonprofit group	Cascadia Health	1
		Indian Health Clinic	1
		volunteer with vetera..	1
	Outpatient care center		1
Community-based grou..			5
Coordinated care organization			1
	Insurance company		2
Faith-based organization	Faith group or faith com..		2
	Other setting	Homeless Shelter	1
Federally Qualified Heal..			3
Home health agency			1
Insurance company	Oregon Community Heal..		1
Oregon Community Health Worker Association (ORCHWA)	Community-based group or organization	Senior Loneliness Li..	1
Other nonprofit group		Area Health Educatio..	1
		Community Action A..	1
		Housing non-profit	1
		Housing provider	1
		HUD Section 202 Pro..	1
Other setting		Health system	1
		Higher Education	1
		I am not employed n..	1
		I volunteer with ODVA.	1
		supportive housing	1
		volunteered w/indivi..	1
Outpatient care center	Coordinated care organi..		1
State and local government			5
	Other setting	County Health Depar..	1
		Public high school	1
Grand Total			63

Learner

demographics:

- Learners who completed ≥ 1 quiz

Role and Setting of Practice for those completing the demographic survey and at least one quiz

First Role	Secondary Role(s)	Other Role	First Setting	Secondary Setting(s)	Setting Comment	
Caregiver			Clinic and/or hospital			11
	Community member			Community-based grou..	Tribal	1
Certified nursing assistant (CNA)	Community health worker			Coordinated care organization	Bridges to Health	4
		CC/CM		Federally Qualified Healt..		1
Community health worker				Nursing care facility		2
		CHW		Other nonprofit group	Cascadia Health	1
Caregiver	Caregiver	Certified Medical Assi..		Indian Health Clinic	volunteer with vetera..	1
			Community-based grou..	Outpatient care center		1
						5
						1
	Commu					2
					Homeless Shelter	1
						3
	Other					1
	Peer su					1
						1
Other						1
					for Loneliness Li..	1
					Health Educatio..	1
		Emergency Preparedn..			Community Action A..	1
		Program Manager			Housing non-profit	1
		Teacher			Housing provider	1
					HUD Section 202 Pro..	1
Peer support specialist			Other setting		Health system	1
	Other	Tribal Navigator			Higher Education	1
					I am not employed n..	1
Social work					I volunteer with ODVA.	1
	Community health worker				supportive housing	1
		Board Member			volunteered w/indivi..	1
			Outpatient care center	Coordinated care organi..		1
	Peer support specialist		State and local government	Other setting	County Health Depart..	5
					Public high school	1
Grand Total			Grand Total			63

Unfortunately, we did not collect data on urban vs. rural practice setting

Retrospective pre-post data:

- Statistically significant **improvement** in **all 30** post-course questions ($p < 0.01$)
- Mean scores in confidence increased from **3.21 to 4.51**
- Mean scores in knowledge increased from **3.25 to 4.44**

Figure. Level of knowledge pre- and post- training (n=16)

Training topic:

1. The ways that age-friendly (4Ms) care benefits older adults
2. How geriatric syndromes affect each of the 4Ms
3. The different residential models of care
4. How to help older adults navigate Medicare and Medicaid
5. The CHW's scope of practice with older adults
6. How to connect older adults with resources
7. How to support older adults with staying active
8. How to recognize the signs of mental health problems
9. The importance of respite care and caregiver support
10. How to identify and reduce risk factors for falls
11. How to start a conversation about goals and preferences
12. The difference between palliative care and hospice
13. The common signs of memory changes in dementia
14. How social drivers of health affect older adults
15. How to help older adults use medications safely
16. How to communicate well with older adults

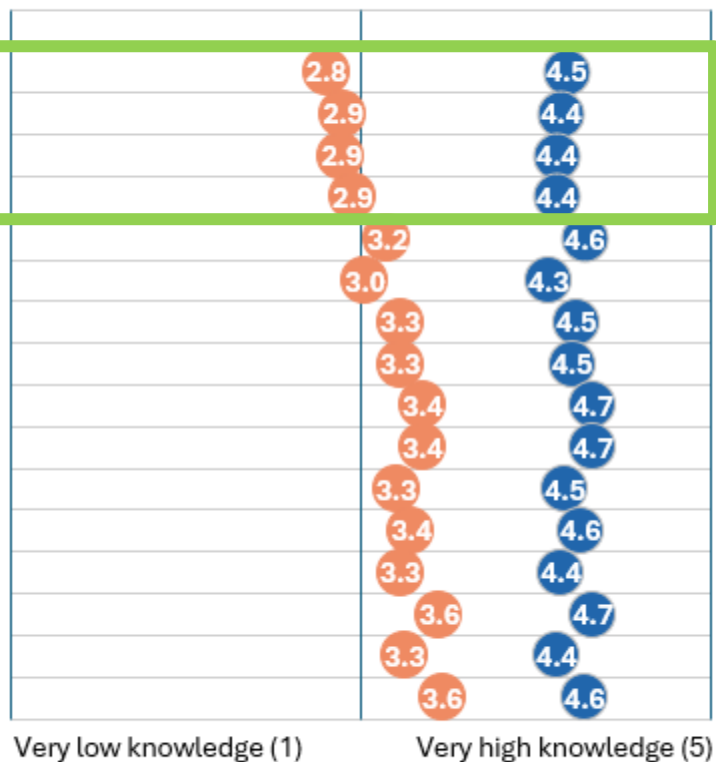
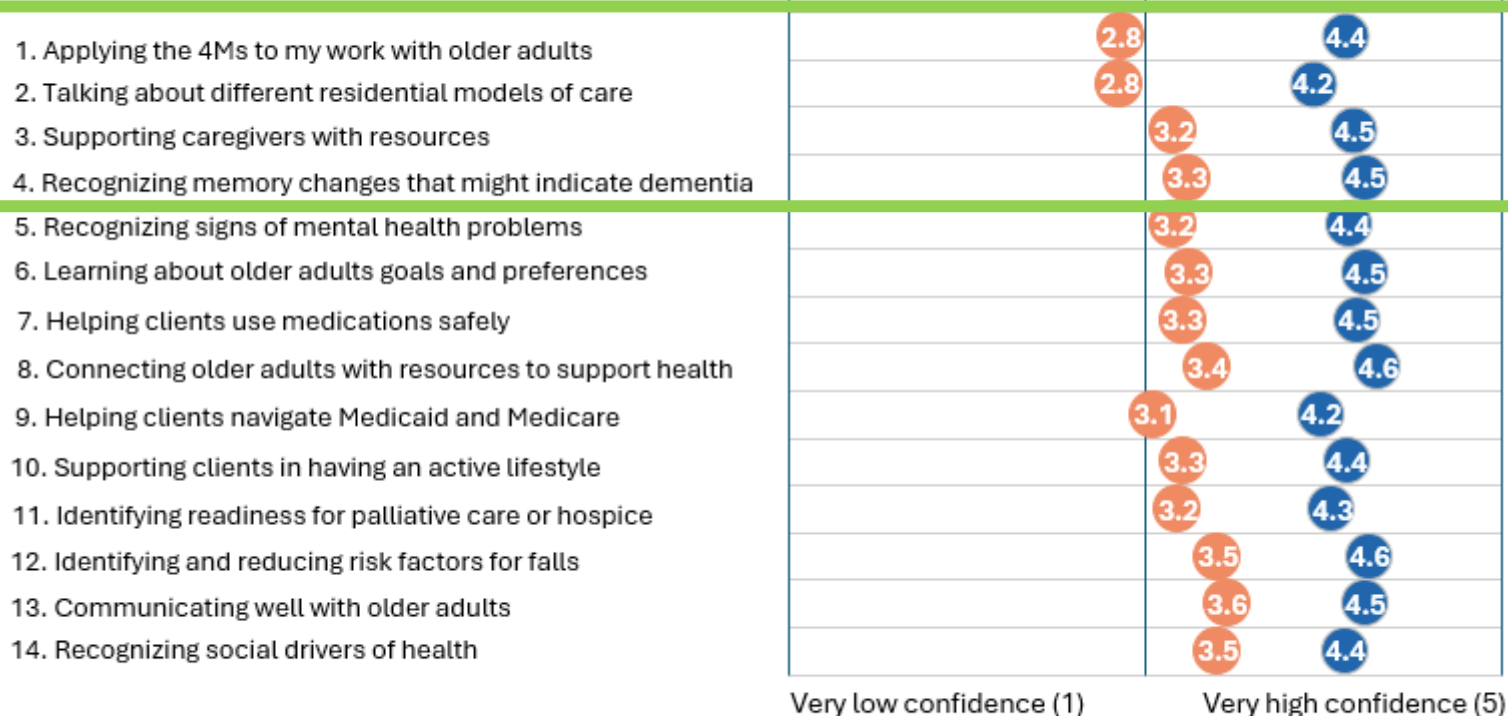


Figure. Level of confidence pre- and post- training (n=14)

Training topic:



Narrative feedback:

(+) self-paced

(+) realistic scenarios

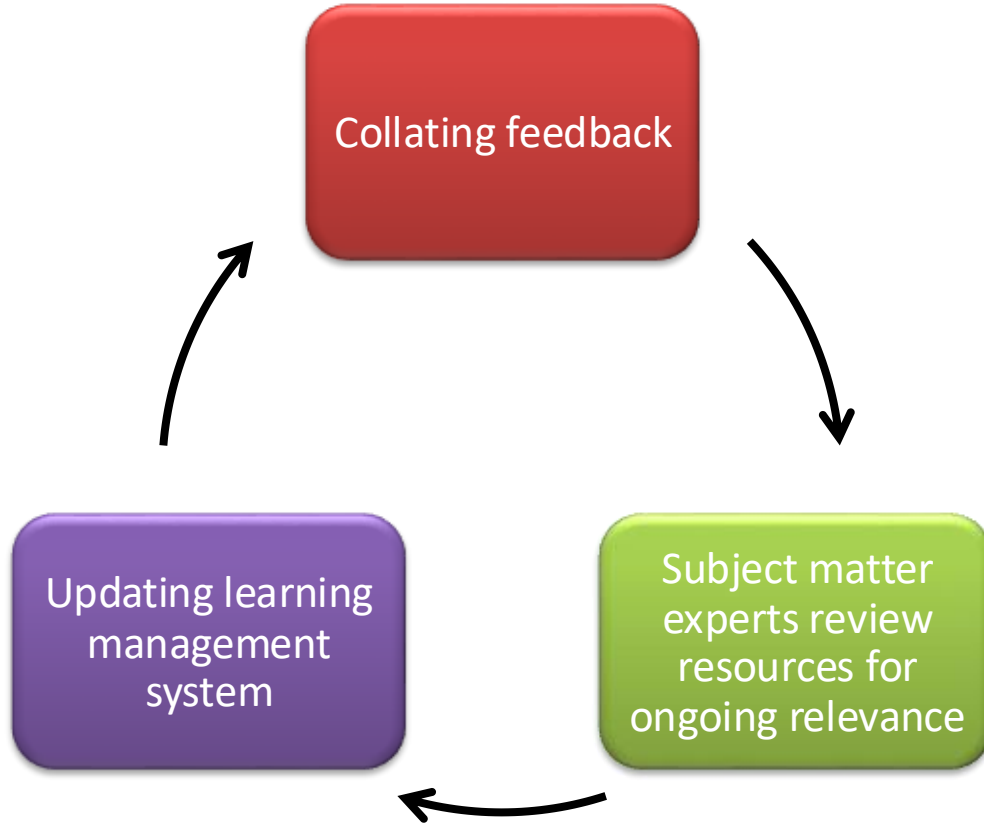
(-) technical issue with video player

(+) interactive pauses

(-) remove prompts of "reflection" and instead ask learner to type in thoughts

(-) allow learner to fast-forward through lessons without having to rewatch in entirety

Next steps, improving modules:



Next steps, expanding our audience:



Care partners

en español

Spanish language



Closed captioning



Oregon Apprenticeship Model
for Age-Friendly CHWs



Thank you!

Please reach out with questions:

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