



## ABOUT CITRA

The Cornell Institute for Translational Research on Aging (CITRA) promotes the translation of research findings to community populations in order to expand and improve scientific knowledge benefiting older adults.

*“A chance to learn. A chance to give back. A chance to help the future generations.”*

– RISE Elder Participant

*“It is easier to interact with older people now that I have done this.”*

– BCLT Youth Participant

*“I feel more like a human being to family members. They speak to us more now.”*

– PIC Nursing Staff Participant

# Cornell Institute for Translational Research on Aging (CITRA)

*Promoting the translation of research findings to benefit older adults*



## HISTORY

CITRA was founded in 1993 with funding from the National Institute on Aging. Working in collaboration with Translational Research Institute for Pain in Later Life (TRIPLL), CITRA designs, tests, and disseminates evidence-based intervention programs to promote optimal aging, social integration in later life, and improved quality of services to older adults.

## CITRA'S MISSION

CITRA's mission is to better understand and support older persons' full engagement within their communities, improve the capacity of community agencies and care providers to serve older clients, and strengthen formal and informal support networks. CITRA aims to create a community of users of CITRA's programs.

**CITRA**

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**CITRA**

Explore our evidence-based intervention programs at  
<http://citra.human.cornell.edu>

# Programs to improve health and well-being for older adults

STRENGTHENING EVIDENCE-BASED PRACTICE IN THE FIELD OF AGING



## CITRA'S PROGRAMS

- Retirees in Service to the Environment (RISE)
- Partners in Caregiving (PIC)
- Partners in Care in Assisted Living (PICAL)
- Resident-to-Resident Elder Mistreatment (R-REM)
- Building a Community Legacy Together (BCLT)
- Research-Practice Consensus Workshop Model (RPCW)
- Beyond the Pain (BTP)
- Take Charge of Your Pain (TCYP)



## Program Focus Areas

### ACTIVE AGING

Volunteering in later life leads to better health outcomes while benefiting society. CITRA's programs promote active aging to improve the health of older adults and encourage greater community engagement.

### LONG-TERM CARE

CITRA's programs address challenges in the long-term care system through innovative models of staff training and development, including those that link residents' family members as partners in care with staff.

### INTERGENERATIONAL RELATIONS

Older adults are an underutilized resource for younger generations with a wealth of expertise. CITRA's programs foster intergenerational relationships that benefit youth, older adults, and their communities.

### TRANSLATIONAL TOOLS

CITRA promotes tools for translational research as a way to bridge the gap between research and practice in the field of aging.

For all of our programs, the following resources can be downloaded **free of charge** from our website:



### TRAINING MANUALS

Training manuals provide detailed directions for the facilitators of our programs, including background information and all the exercises in detail.



### PROGRAM MATERIALS

Other program materials such as brochures, FAQs, and fliers are designed to help with the delivery of our programs.



### PUBLICATIONS

Related publications by CITRA staff and affiliates provide more information about the design, implementation, and evaluation of our programs.



EXPLORE OUR PROGRAMS AT <http://citra.human.cornell.edu>  
For more info, contact us at [citrainfo@cornell.edu](mailto:citrainfo@cornell.edu)

