



Funding Trainees in Your Aging Research Lab

NIA's Training and Career Development Programs

support a variety of training and career development opportunities for students, early-career investigators, clinician-researchers, and institutions. Through these opportunities, NIA seeks to foster the development of research and clinician scientists in the following areas: genetic, biological, clinical, epidemiological, neuroscience, behavioral, social, and economic research on aging, both basic and translational.

In support of this goal, NIA funds a variety of opportunities for individuals:



Ruth L. Kirschstein National Research Service Awards (NRSAs) for researchers across career stages, as well as additional mechanisms to support graduate researchers – “F” awards.



Research Career Development Awards – “K” awards – are available to individuals at a variety of career stages post-terminal degree who wish to become independent investigators.



Other training-related opportunities.

NIA Training and Career Development Landscape

The graphic below maps how NIA training and career development grants and awards align with various education and career stages.

Acronyms

AD: Alzheimer's Disease

ADAR: Advancing Diversity in Aging Research

ADRD: Alzheimer's Disease and Related Dementias

AREA: Academic Research Enhancement Awards

BRAIN: Brain Research through Advancing Innovative Neurotechnologies

D-SPAN: Diversity Specialized Predoctoral to Postdoctoral Advancement in Neuroscience Award

ERA: Expanding Research in AD/ADRD

ESI: Early Stage Investigator

HEAL: Helping to End Addiction Long-term

GEMSSTAR: Grants for Early Medical/Surgical Specialists Transition to Aging Research

MOSAIC: Maximizing Opportunities for Scientific and Academic Independent Careers

NHP: Non-Human Primate

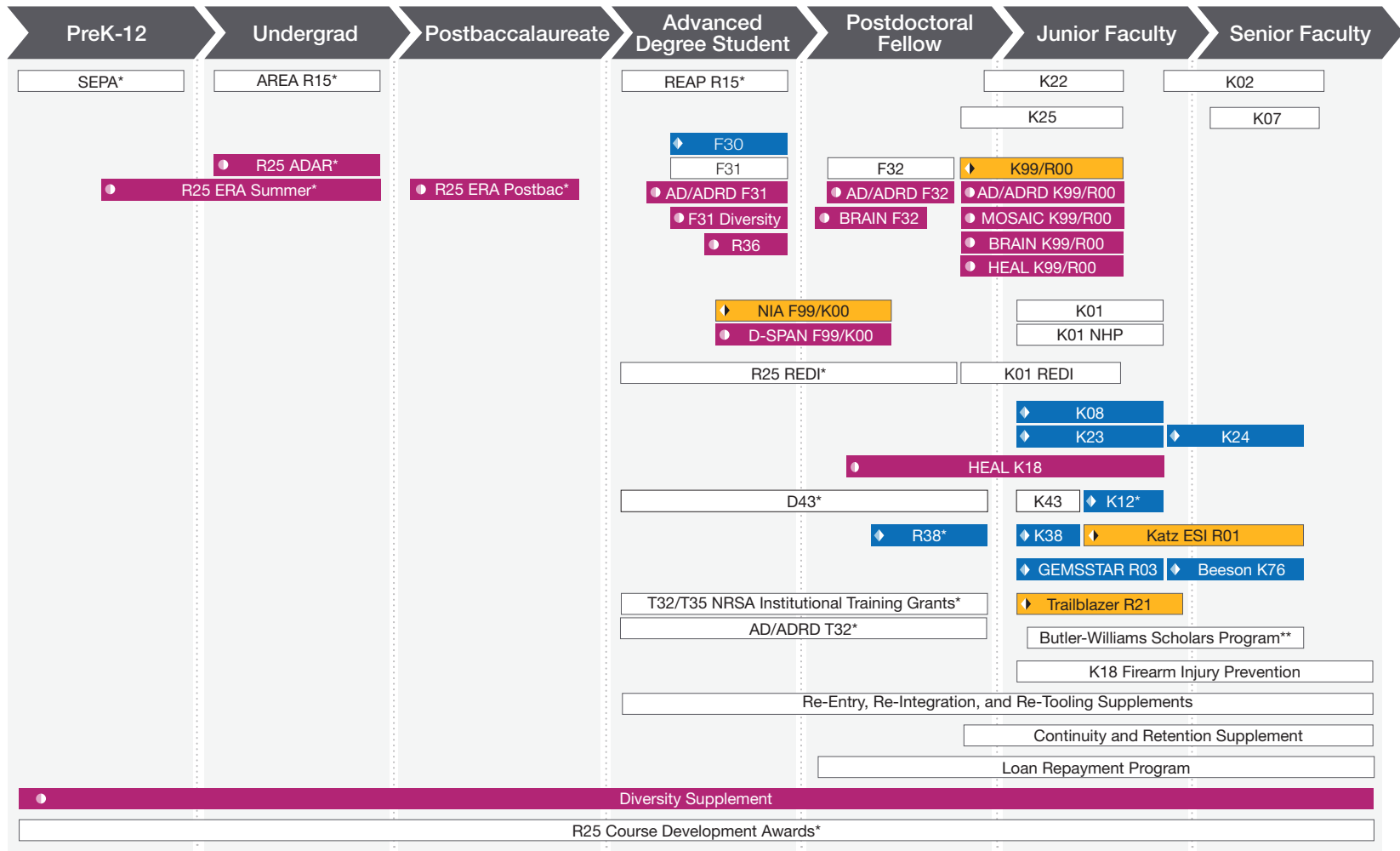
NIA: National Institute on Aging

NRSA: National Research Service Award

REAP: Research Enhancement Award Program

REDI: Research and Entrepreneurial Development Immersion

SEPA: Science Education Partnership Award



Key

- Diversity
- ◆ Clinician-scientist
- ▶ No U.S. citizenship or permanent residency requirement
- * Institutional
- ** NIA-hosted program

Funding Graduate Students

NIA awards for graduate students include those for dual-degree and Ph.D. students as well as dissertation and transition awards.

Award	Type	Details	Requirements	Financials	Due Dates
F30	Fellowship for dual-degree students	• Parent F30 – institution with MSTP • Parent F30– institution without MSTP	U.S. citizenship or permanent residency required	Stipend (\$27K), tuition (\$21K), institutional allowance (\$4500)	April 8, Aug. 8, Dec. 8
F31	Fellowship for PhD students	• Parent F31 • F31 Diversity* • F31 Translational ADRD Diversity*	U.S. citizenship or permanent residency required	Stipend (\$27K), tuition (\$16K), institutional allowance (\$4500)	April 8, Aug. 8, Dec. 8
R36*	Dissertation Award	• PAR-24-052 • 1-2 years of funding to finish dissertation	U.S. citizenship or permanent residency required	Salary (\$42,500), additional expenses (\$29K), 8% Facilities and Administrative	Feb. 16, June 16, Oct. 16
F99/K00	Transition Award	• RFA-AG-23-016 • 1-2 years predoc funding AND 4 years postdoc funding • Postdoc (K00) position must be in aging research, predoc (F99) position is open	U.S. citizenship, permanent residency, or valid visa required	Stipend (\$27K predoc, \$60K+ postdoc), Tuition (\$16K predoc), and Institutional allowance (\$4550+)	1 annual due date in October

* For members of groups [underrepresented in the biomedical sciences](#).

Funding Postdocs

NIA offers fellowships, transition and career development awards, and research grants for postdocs.

Award	Type	Details	Requirements	Financials	Due Dates
F32	Fellowship for early postdocs	• Parent F32 • BRAIN F32 • F32 Translational ADRD Diversity*	U.S. citizenship or permanent residency required	Stipend (\$56K+) Institutional allowance (\$12,200)	April 8, Aug. 8, Dec. 8
K22	Transition Award	• Apply as postdoc, receive 3 years independent lab funding • Eligibility: 2-8 years postdoctoral experience	U.S. citizenship or permanent residency required	Salary (\$100K), research (\$50K)	Feb. 12, June 12, Oct. 12
K01 Parent	Career Dev Award	• 3-5 years funding and career development within faculty position • Eligibility: Can apply as postdoc, but must hold faculty position by time of award (non-tenure-track ok)	U.S. citizenship or permanent residency required	Salary (\$75K), research (\$20K)	Feb. 12, June 12, Oct. 12
K01 REDI	Career Dev Award	• 3-5 years' salary and career development to support career exploration • Eligibility: junior faculty or postdocs with 2+ years' experience	U.S. citizenship or permanent residency required	Salary (\$90K), research (\$50K)	Oct. 18, 2023
K25 Quant	Career Dev Award	• 3-5 years funding and career development • For researchers with quantitative backgrounds moving into aging research • Eligibility: Senior postdocs and early career faculty	U.S. citizenship or permanent residency required	Salary (\$75K), research (\$40K)	Feb. 12, June 12, Oct. 12
K99/R00	Transition Award	• 1-2 years postdoc funding AND 3 years independent lab funding • NIA sample applications available • Eligibility: up to 4 years postdoctoral experience	U.S. citizenship, permanent residency, or valid visa required	K99: Salary (\$75K), research (\$25K) R00: \$249K total cost	Feb. 12, June 12, Oct. 12

K99 award opportunities are listed in the table on the next page.

Funding Postdocs (continued)

K99 Opportunities

Award	Name	Discipline	Requirements	Funding Opportunities
Parent K99/R00	NIH Pathway to Independence Award	All aging research	U.S. citizenship, permanent residency, or valid visa required	PA-20-187 PA-20-188 PA-20-189
AD/ADRD K99/R00	Advanced Postdoctoral Career Transition Awards to Promote Diversity in Translational Research for AD/ADRD	Drug discovery or data science research in AD/ADRD	U.S. citizenship or permanent residency	PAR-21-220
MOSAIC K99/R00	Maximizing Opportunities for Scientific and Academic Independent Careers Award to Promote Diversity	All aging research	U.S. citizenship or permanent residency	PAR-21-271 PAR-21-272 PAR-21-273
BRAIN K99/R00	BRAIN Initiative Advanced Postdoctoral Career Transition Award to Promote Diversity	BRAIN Initiative research areas	U.S. citizenship or permanent residency	See BRAIN K99 website
NINDS AD/ADRD K99/R00	NINDS AD/ADRD Advanced Postdoctoral Career Transition Award to Promote Diversity	NINDS AD/ADRD priorities	U.S. citizenship or permanent residency	PAR-22-022
HEAL K99	HEAL Initiative Advanced Postdoctoral-to-Independent Career Transition Awards in PAIN and SUD Research	Pain and substance use disorders	U.S. citizenship or permanent residency	RFA-NS-22-022

K99
Opportunities



Postdocs and NIA Research Grants

According to NIH/NIA policy, postdocs may serve as Principal Investigator (PI) or co-PI on research grants such as R01s, R21s, and R03s. Contact your institutional grants office to determine whether your institution allows postdocs to hold research grants as PI/Multiple Principal Investigators (MPI).

NIA research grants can be a good option for international postdocs who have limited eligibility for other awards, but be cautious that research grants have [more competitive pay lines](#) than career development awards or fellowships. It is also important to be aware that PI/MPI status on a research grant can impact a postdoc's Early Stage Investigator status or their eligibility for career development awards (K). We recommend that postdocs contact NIATraining@mail.nih.gov to discuss ESI and eligibility implications before joining a research grant.

Promoting a Postdoc

NIH and NIA are aware that many researchers with doctorates work under a job title such as "instructor" or "research scientist." The job title will NOT affect eligibility for transition awards like the K99 and K22 as long as the candidate's position remains a mentored, non-independent position.

For K99 or K22 applicants who hold a title other than "postdoc," we recommend including a job description or statement from the department chair/dean describing the position and clarifying that it is a mentored, non-independent position.

General Supplements

Apply for supplements to add additional budget to an existing NIA grant for a designated purpose, as described below. Supplement applications can be submitted on a rolling basis and are reviewed internally by NIA program staff, so they have a quicker turnaround time to award than individual fellowships or career development awards. If you are interested in applying for a supplement, explore our [Diversity and Re-Entry supplement website](#), and talk to your program officer to begin preparing the application.

Name	Details	Requirements	Financials	Due Dates
Re-Entry	- Apply for a supplement to your NIA grant to support a new lab member who is re-entering the research workforce after a hiatus - Candidate career level: postdoc or faculty	Candidate must be U.S. citizen or permanent resident	Budget varies based on candidate career level	Rolling applications. Maximum award duration 2 years
Re-Training	- Support a lab member to obtain new skills and move to a new research direction while augmenting the parent grant - Candidate career level: early to mid career	Candidate must be U.S. citizen or permanent resident	Budget varies based on candidate career level	Rolling applications. Maximum award duration 2 years
Re-Integration	- Support a new lab member who is switching labs due to an unsafe or discriminatory environment - Candidate career level: graduate student or postdoc	Candidate must be U.S. citizen or permanent resident	Budget varies based on candidate career level	Rolling applications. Maximum award duration 2 years
Diversity	- Apply for a supplement to your NIA research project grant to support a new lab member from a background underrepresented in the biomedical sciences - Candidate career level: high school through early career faculty - Parent grant must have at least 2 years remaining of active status at time of application	Candidate must be U.S. citizen or permanent resident	Budget varies based on career level of candidate	Rolling applications. Maximum award duration 2 years