


*Elliot Senior Health Center's New Service...*

# THE GERIATRIC CONSULTATION CLINIC



Physicians throughout the region are now able to refer older patients to the Geriatric Consultation Clinic at the Elliot Senior Health Center for specialized geriatric consultation services. This means that primary care physicians can tap into the highest level of specialization and medical expertise in our community with regard to frail older patients dealing with multiple complex health issues. Common problems seen in the Geriatric Consultation Clinic include not only memory loss and other cognitive changes, but also, a host of other geriatric syndromes including gait disorders, mood and behavioral disorders, pain syndromes, and polypharmacy. A social worker is also available to assist the patients and their families identify and arrange appropriate senior resources, including for caregiver stress.

A Geriatric Consultation is helpful by providing the primary care physician, the patient and the caregiver with the expertise of a geriatrician and their geriatric medical team. A Geriatrician is a medical doctor who has been specially trained in caring for older adults. The goal of the Geriatric Consultation Clinic is to complete an overall assessment of the older adult including their physical, mental and psycho-social well being. The assessment also identifies their ability to perform activities of daily living including dressing, bathing, grooming, and meal preparation for example. An older adult's social network and community resources are also factored into the assessment.

The outcome from the multidisciplinary team report is then sent to the patient's primary care physician for review. The patient's primary care physician in collaboration with the patient and/or caregiver can then determine a plan of care based on the Geriatric Consultation.

A Geriatric Consultation is ideal for patients who have multiple medical diagnoses, take multiple medications daily, and experienced a recent change in their overall health – such as a cognitive change, fall, fracture, or surgery. The Geriatric Consultation can also be helpful for an older adult who may have minor health issues, however would like to establish a plan for future medical and health needs.

The Geriatric Consultation requires a referral from the patient's primary care physician. Most insurance providers will cover the consultation at the same level of payment for an office visit. Consult your individual insurance carrier for more information. The Geriatric Consultation Clinic is scheduled every Tuesday at the Elliot Senior Health Center. For more information talk with your physician or contact the Elliot Senior Health Center at 603-663-7030.

 *Elliot Senior Health Center*