



Patient & Family Guide
2025

Geriatric Assessment Clinic

Soldiers' Memorial
Hospital



www.nshealth.ca

Geriatric Assessment Clinic

Geriatrics focuses on the health of older adults.

The Geriatric Assessment Clinic (GAC) assesses (checks), diagnoses, and treats older adults who may have changes in their thinking or function (like not being able to do things they used to do).

Our team includes a registered nurse (RN) and doctors who have special training in caring for older adults (a geriatrician and a care of the elderly doctor).

The team may assess and give you recommendations about:

- › Changes in thinking and/or function
- › Chronic (ongoing) disease
- › Concerns with memory changes
- › Concerns with how well you move
- › Your medications

How do I make an appointment?

- Your primary health care provider (family doctor or nurse practitioner) can refer you. Your referral will be prioritized based on how urgently you need care.
- Our team will call you when an appointment is available.
- You will also get a letter in the mail with the date, time, and location of your appointment.

How do I get ready for my appointment?

- Your appointment may take up to 1 ½ hours.
- **Bring a support person(s) with you** so that they can take part in your assessment.
 - › Your support person(s) can be a family member, friend, or a caregiver that knows you well.
 - › If your support person cannot come in-person, we can call them.
 - › We suggest that you drive with your support person.

What should I bring to my appointment?

It is important to bring the following items with you to your appointment:

- › Glasses
- › Hearing aids
- › Mobility devices (like a cane or a walker)
- › All of your medications in their original containers (including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal medications, vitamins, and supplements) or a list of your medications



What will happen at my appointment?

- You will register at the reception desk and be directed to a waiting area. A staff member will then take you to the clinic for your appointment. The geriatric assessment is done in 3 parts.

Part 1

- Our team will:
 - › check your height, weight, pulse, and blood pressure.
 - › ask you questions about your physical and mental health, memory concerns, and your medications.

- › talk with your support person(s) to make sure the team has all the information they need and to see if there is anything else they can help you with.
- You may also have thinking and memory testing done at this time.

Part 2

A doctor will do a physical exam.

Part 3

- The team will review your assessment with you and your support person(s). They will go over the results, possible diagnosis, next steps, and their recommendations. You may also need blood work, scans, or other follow-up tests after your visit.
- You will keep getting care and treatment from your referring primary health care provider, but a follow-up appointment may be planned for you. The team will send a report (including their recommendations) to your primary health care provider.
- We may also recommend that you see other members of the team through the Seniors LINCS Program.

What if I need to reschedule my appointment?

› Phone: 902-825-6310

If you leave a voicemail, please leave your full name, phone number, and your appointment date and time.

What are your questions?

Please ask a member of your health care team. We are here to help you.

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Learn more: <https://library.nshealth.ca/patient-education-resources>

