



Geriatric Medicine Clinic

Follow-up

- The doctor or nurse practitioner **may** recommend that you see 1 or more geriatric team members. The geriatric team includes:
 - › Nurses
 - › Pharmacists
 - › Social workers
 - › Physiotherapists
 - › Occupational therapists
- A member of the geriatric team will call you to make an appointment. This appointment may be at the Clinic or in your home. This will depend on the reason for the appointment.

Questions?

Geriatric Medicine Clinic

- › Phone: 902-473-4822

Geriatric Medicine Clinics

Halifax

Camp Hill Veterans' Memorial Building (VMB), QE II
5955 Veterans' Memorial Lane,
1st floor

- Underground parking is available.

Dartmouth

18 Acadia Street, 1st floor

- The building is near the Dartmouth General Hospital.
- Parking is available.

Lower Sackville

Cobequid Community Health Centre
40 Freer Lane, main floor

- Parking is available.

This pamphlet 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.

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Designed by: Nova Scotia Health Library Services

WT85-1617 © October 2024 Nova Scotia Health Authority
To be reviewed October 2027 or sooner, if needed.

The Geriatric Medicine Clinic helps adults 65 years old or older who are living with frailty and other health problems, like falls or changes in memory or thinking.

Frailty is an age-related condition that makes it harder to recover from illness.

How do I make an appointment?

- Your primary health care provider (family doctor or nurse practitioner) must refer you to the Clinic.
- We 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.
- **If you need to cancel or reschedule an appointment, please call as soon as you can:**
 - › Phone: 902-473-4822
 - › If you leave a message, please give your name, and the date and time of your appointment. This lets us book another person from the waitlist.

What should I bring to my appointment?

- All of your medications in their original packages (including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal medications, vitamins, and supplements) or a list of your medications.
- **Please bring a support person with you.** To check your health, we must talk with someone who knows you well, like a family member or a friend.
 - › If your support person is not able to attend the appointment, we can arrange to talk to them by phone.

What will happen at my appointment?

- Appointments usually last for about 1 ½ to 3 hours.

- Depending on the reason for your visit, you will see a registered nurse (RN) and a doctor or a nurse practitioner who specializes in the health of older adults (geriatric medicine). You may also see a medical resident or other learners.
- Clinic staff will:
 - › Talk with you
 - › Do a physical exam
 - › Review your medications
 - › Talk with someone who knows you well, usually the support person you bring to your appointment
- After your assessment, we will review the results with you and your support person. We will recommend care options and answer any questions you or your support person may have.