

## GERIATRIC ASSESSMENT

### What is geriatric assessment?

A comprehensive evaluation designed to optimize an older person's ability to enjoy good health, improve their overall quality of life, reduce the need for hospitalization and/or institutionalization, and enable them to live independently for as long as possible.

### An assessment consists of:

- **Examination** of the older person's current status in terms of:  
Physical, mental, and psycho-social health  
Ability to function well and to independently perform basic activities of daily living such as dressing, bathing meal preparation, medication management, etc.  
Living arrangements, social network, and access to support services.
- **Identification** of current problems or anticipated problems in any of these areas.
- **Comprehensive Care Plan** which addresses all problems, suggests actions required, and makes recommendations for support services.
- **Link** between support services, the person and his family to assure provision of necessary services.
- **Monitoring** of the extent to which support services have addressed the problems identified and modification of the Care Plan as needed.

**How do you know when a geriatric assessment is needed?**

Geriatric assessment would be appropriate when there is a dramatic change in a person's level of functioning or when there are persistent or intermittent symptoms such as memory loss, confusion, or other signs of possible dementia. Sometimes what looks like Alzheimer's or dementia can be the result of medication interactions or other medical or psychiatric problems. Because of the thoroughness of the geriatric assessment, it is one of the best ways to determine what the actual problem is.

**Who performs a geriatric assessment?**

A geriatric assessment can be done in many different settings such as: a hospital, nursing home, outpatient clinic, physician's office or the patient's home. The assessment is comprehensive in scope, and thus, can only be successfully conducted by a multi-disciplinary team of experts. This team might include: physicians, social workers, physical and/or occupational therapists, dieticians, psychologists, pharmacists, and geriatric nurse practitioners.

**You can request a referral for a geriatric assessment from a primary care physician.**

**GERIATRIC ASSESSMENT CENTERS**

**You must call to make an appointment with any of these facilities**

**Anna Greenwall Geriatric  
Health Center**

300 Second Avenue  
Long Branch NJ 07740  
732-923-7550

**Geriatric Assessment Center  
at Morristown Medical Center**

973-971-7022  
Sharma Keerti, MD  
Jason Prager, MD

**Center for Geriatric Health Care**

Newark Beth Israel Medical  
Center  
201 Lyons Avenue  
Newark NJ 07112  
973-926-8491

**NJ Institute for Successful  
Aging**

42 East Laurel Road  
Stratford NJ 08084  
856-566-6843

**COPSA Institute for  
Alzheimer's Disease & Related  
Disorders**

667 Hoes Lane  
Piscataway NJ 08854  
732-235-5840

**Overlook Hospital's Vauxhall  
Clinic**

Community Health Center  
3 Farrington Street  
Vauxhall NJ 07088  
908-964-8011

**Hunterdon Center for Healthy  
Aging**

Hunterdon Healthcare System  
2100 Wescott Drive  
Flemington, NJ 08822  
908-788-6373

**Saint Peters University Hospital**

Division of Geriatrics  
254 Easton Avenue  
New Brunswick NJ 08901  
732-745-8600