

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
732-222-5200

Center for Geriatric Health Care

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

COPSA Institute for Alzheimer's Disease & Related Disorders

Rutgers University Behavioral Health Care

671 Hoes Lane

Piscataway NJ 08854

732-235-5900

Hunterdon Center for Healthy Aging

Hunterdon Healthcare System

1 Wescott Drive

Flemington, NJ 08822

908-788-6373

Geriatric Assessment Center at Morristown Medical Center

973-971-7022

Sharma Keerti, MD

Jason Prager, MD

NJ Institute for Successful Aging

42 East Laurel Road

Stratford NJ 08084

856-566-6843

Overlook Hospital's Vauxhall Clinic

Community Health Center

3 Farrington Street

Vauxhall NJ 07088

908-964-8011

Saint Peters University Hospital

Division of Geriatrics

254 Easton Avenue

New Brunswick NJ 08901

732-745-8600