

Geriatric Assessment

A geriatric assessment is a multi-dimensional, interdisciplinary examination of elderly patients with complex problems. The aim is to obtain a broad picture of the state of health, functioning and quality of life, so that a tailor-made care and treatment plan can be drawn up.

Key features

- Multi-dimensional: it looks beyond just the medical diagnosis. Systematic assessments are made in several areas:
- Medical: diseases, medication use, side effects, polypharmacy.
- Functional: mobility, self-reliance in ADL (general activities of daily living) and IADL (instrumental activities).
- Psychological/cognitive: memory, mood, mood disorders, delirium risk.
- Social: support network, informal care, living situation, financial and social factors.
- Meaning/quality of life: wishes, goals and preferences of the patient himself.
- Interdisciplinary: carried out by a team (e.g. geriatric specialist, geriatrician, nurse, physiotherapist, occupational therapist, psychologist, social worker).

Purpose

- Detect problems early.
- Reduce risk factors (e.g. risk of falling, malnutrition).
- Tailoring treatment and guidance to the personal situation and wishes.
- Maintaining independence and quality of life for as long as possible.

In short

A geriatric assessment is not a single examination, but a structured and broad evaluation that helps to personalize care and treatment in frail older people.

- It helps if you give us permission in advance to request the medical file of the person concerned from the general practitioner.
- The Geriatric Assessment is a package price. It includes a home visit, reporting, and medical care coordination.