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What is a Geriatrician?

A **geriatrician** is a doctor who assists to improve the quality of life for older people who are over 65 years old. They offer specialised care that addresses the challenges and complexities of aging. This may include managing chronic diseases, cognitive decline, mobility issues, and other age-related conditions.

Geriatricians provide specialist medical support in the areas of:

- **Comprehensive Health Assessments** that evaluate overall physical and mental health and social well-being.
- **Manage Chronic Conditions** and their medication and treatment. These include conditions more common in the elderly – diabetes, hypertension, arthritis, or heart disease.
- **Cognitive Health** assessment and management of memory loss, dementia and other cognitive impairments.
- **Coordination of Care** through working with other medical and allied health professionals to provide comprehensive and holistic care.
- **Preventative Care** through early detection of health problems, malnutrition and depression and their causes, and recommending solutions to help maintain independence and quality of life.
- **End-of-Life Care** through assisting with decisions related to quality of life and end-of-life care, providing support for families and ensuring comfort in the later stages of life.

How do I find a good geriatrician?

Your GP is often your first point of contact when considering the need for a geriatrician. Geriatrician appointments require a referral from your GP or a hospital.

Hospitals or Aged Care Facilities

- When an older person is admitted to hospital, it is not unusual that a referral to a hospital geriatrician is made, either as a precaution or for reasons requiring a more holistic medical care approach.
- Aged Care Facilities have access to geriatricians and a referral can be organised.

Health Insurance Provider Directories

- If you have private health insurance, your provider may offer a directory of geriatricians within your health insurance network. Search online or contact your health insurance provider.

Word of Mouth

- Seek recommendations from friends, family, caregivers or other trusted health professionals who have experience with geriatricians.

In rural and remote living, consider telehealth options

- Many geriatricians offer tele-health consultations for those who live in rural or remote locations or find it difficult to travel. To optimise medical care, most geriatricians require initial appointments in person