

**What is a Comprehensive Geriatric Assessment (CGA)?** A CGA is a detailed review of an older adult's medical, functional, cognitive and emotional health and their social needs. The goal is to develop a personalized care plan to optimize health, enhance quality of life, maintain independence, and support well-being.

**When might you need a CGA?** You might need a CGA when you have noticed changes in your physical, cognitive and emotional health that is impacting on your ability to complete your day-to-day activities.

## Who Should Attend the Appointment?

- Bring a family member or trusted friend to provide support, take notes, and share observations if needed.

## What to Expect During the Assessment?

- **Medical Evaluation:** A review of your health history, medications, and physical health.
- **Cognitive and Emotional Assessment:** Screening for memory, thinking, and mood concerns.
- **Functional Assessment:** Evaluation of your ability to manage daily activities.
- **Social Assessment:** Discussion of your social supports, caregiving, and living situation.



Be prepared to spend time at your appointment which may take 1 to 2 hours.

**Why Is Preparation Important?** Coming prepared ensures that the healthcare team has a clear picture of your needs and priorities, leading to better care and support tailored to you and your family.

**Need Help?** If you have questions or need assistance before your appointment, contact your health care team at:



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Geriatric  
Services  
Central



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Geriatric  
Services  
East



Specialized  
Geriatric  
Services  
North



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Geriatric  
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Toronto



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Geriatric  
Services  
West

**How to Prepare for Your Assessment:** To ensure the best outcomes, it's helpful to come prepared. Here's how you and your family can get ready:

### 1. Share Your Symptoms and Concerns

- Write down any symptoms or changes in health you've noticed, such as changes in your walking, balance, memory, mood, appetite, or sleep.
- Include any recent falls or accidents.
- Highlight concerns about daily activities or your care partners' or caregiver's challenges.

### 2. Review Your Medical History

- Be prepared to share details about chronic conditions, past illnesses, and family health history.
- If available, bring copies of recent medical tests, imaging reports, or hospital discharge summaries.
- Include a list of past surgeries or major health events.

### 3. List Daily Challenges

- Think about activities you find difficult, such as bathing, dressing, cooking, shopping, driving or managing medications.
- Include any barriers to staying active or socializing.

### 4. Consider Cognitive and Emotional Health

- Reflect on any memory concerns, confusion, or difficulty concentrating.
- Mention feelings of sadness, anxiety, or loneliness, if present.

### 5. Prepare Questions

- Write down any questions you have about your health, medications, or care options and next steps.
- Consider asking about strategies to improve independence, manage conditions, or access resources.

### 6. Bring Contact Information

- Provide contact details for your family doctor and any specialists you see.
- Share the names and contact information of family members or trusted friends involved in your care, providing emotional and/or physical support.

### 7. Bring a List of Medications and All Bottles and Blister Packages

- Include all prescription medications, over-the-counter drugs, vitamins, and herbal supplements.
- Note dosages, frequencies, and the purpose of each medication.
- Inform the clinician about allergies or adverse reactions to medications.

### 8. Ask "What Are the Next Steps" Before You Leave Your Appointment

- Be sure to get a copy of your care plan and that you know when you will hear about any results.