

What is a Comprehensive Geriatric Mental Health Assessment (CGMHA)?

A CGMHA is a detailed review of an older adult's mental, emotional, cognitive, functional, and physical health. The goal is to understand your unique strengths, concerns, and needs to develop a personalized care plan that optimizes mental health, enhances quality of life, and supports well-being.

When might you need a CGMHA? You may benefit from a CGMHA if you, your family, or your healthcare provider have noticed changes in your mood, memory, thinking, behaviour, and/or personality that impact daily functioning, or overall well-being.

Who Should Attend the Appointment?

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



Be prepared to spend time for an appointment which may take 1 to 2 hours.

What to Expect During the Assessment?

- **Mental Health Assessment:** A discussion about changes in your mood, anxiety, stress, coping, sleep, behaviour, personality, thoughts, perceptions, and emotional well-being, and how these changes may be affecting your daily life.
- **Medical Evaluation:** A review of your health history, medications, and physical health.
- **Functional Assessment:** Evaluation of your ability to manage daily activities.
- **Social Assessment:** Discussion of your social supports, living situation, and factors that may affect your well-being or access to care.

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:

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

1. Share Your Symptoms and Concerns

- Write down any symptoms or changes you have noticed, such as changes in your mood, memory, thinking, behaviour, personality, sleep, appetite, or energy and share when these changes started.
- Include any recent changes in your ability to manage day-to-day activities.
- Family members or caregivers may also wish to note changes they have observed.

2. Review Your Medical History

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

3. List Daily Challenges

- Think about activities you find difficult, such as bathing, dressing, cooking, shopping, driving or managing medications.
- Include any changes in your ability to stay active, socialize, or participate in activities you enjoy.

4. Consider Emotional and Cognitive Health

- Mention any feelings of sadness, anxiety, loneliness, irritability, or other emotional concerns. Include any unusual thoughts, perceptions, or behaviours that you or your family have noticed.
- Reflect on any changes in your memory, thinking, concentration, decision-making, or behaviour.

5. Prepare Questions

- Write down any questions you have about your mental health, medications, or care options and next steps.
- Consider asking about strategies to support mental well-being, maintain independence, manage conditions, or access community 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.