VALLEYHEALTH

Understanding Geriatric Services

Geriatric care helps older adults stay safer, healthier, and more independent. At Valley Health, we focus on aging-related needs—from long-term condition management to memory, mobility, and daily living support.

What Is Geriatric Care?

Geriatrics is a medical subspecialty for older adults and people with complex health needs.

- Typically serves adults 65+ (and some younger adults with multiple conditions)
- Looks at the whole person including health issues, medicines, function, mood, and supports
- Right-sizes treatment plans to match your goals and daily life

Who Can Benefit (And When to Consider a Visit)

A geriatric visit can help if any of these apply to you or a loved one.

- Multiple conditions or many medicines to manage
- Memory or thinking changes, new confusion, or safety concerns
- Falls, unsteady walking, weakness, or trouble with daily tasks
- Two or more ER or hospital visits in the past year
- Feeling overwhelmed and wanting a clear plan for healthy aging

Common Health Needs We Address

- Diabetes, heart disease, high blood pressure, high cholesterol
- COPD and breathing problems; stroke recovery

VALLEYHEALTH

Understanding Geriatric Services

- Dementia and Parkinson's disease; depression, sleep issues, frailty
- **Memory care:** screening and testing (including reversible causes), clear diagnosis and care plan, newer therapies when appropriate, caregiver support for behavior, safety and resources.

How Our Team Helps

- **Comprehensive review:** history, function, mood, nutrition, home safety
- **Medication check:** reduce side effects and risky interactions
- **Mobility & falls:** screen risk; develop simple balance and strength plans

- **Care coordination:** align primary care, specialists, therapy, pharmacy, community resources
- **Planning ahead:** clarify goals of care and warning signs to look out for

Preparing for Your Appointment

Bring a few basics to make your time count.

- **Medication list** (or pill bottles) and allergies
- Your top **3 concerns** and recent changes
- Notes on **daily challenges** (bathing, dressing, shopping, driving)
- A **family member or friend,** if possible

The right care now can prevent problems later and make daily life easier. Our team can help you set goals, simplify medicines, and support your family.

To learn more about geriatric services, visit valleyhealth.org.