

What happens after my visit?

The geriatrician may order additional tests and imaging. They will communicate the results to your primary doctor so that they can provide the best care for you as you get older.



To schedule your visit with a geriatrician, call 206.788.3770

International District Medical & Dental Clinic
720 8th Ave S
Seattle, WA 98104
206.788.3700

Holly Park Medical & Dental Clinic
3815 S Othello St
Seattle, WA 98118
206.788.3500

Bellevue Medical & Dental Clinic
1050 140th Ave NE
Bellevue, WA 98005
425.373.3000

Shoreline Medical & Dental Clinic
16549 Aurora Ave N
Shoreline, WA 98133
206.533.2600

ICHS Primary Care Clinic at ACRS
3639 Martin Luther King Jr Way S
Seattle, WA 98144
206.788.3700

ICHS Legacy House
803 S Lane St
Seattle, WA 98104
206.292.5184

www.ichs.com



ICHS does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, gender identity, genetic information, use of service animals, national origin, veteran status, citizenship status, or the presence of any sensory, mental or physical disability, veterans with disabilities and Vietnam era veterans in accordance with federal, state and local laws and regulations. If you have questions or concerns about your rights, please contact the ICHS Compliance Hotline at 1-855-515-0143.

ATTENTION: Language assistance services are available to you free of charge. Call 1-206-788-3700 (TTY 711).



April 2024



Your primary doctor has recommended you see a geriatrician



Please read this guide carefully before you schedule the appointment, as it has important instructions for you



What is a geriatrician and should I see one?

A geriatrician is a specialist who works with your primary doctor to help maximize your independence and quality of life as an older adult. They do not replace your primary doctor.

During your visit with them, they will do a series of tests to see how well you are handling your activities of daily life. Their goal is to develop a care plan to share with your primary doctor.

First time visit will be 60 minutes, longer than your usual appointment. You may need to see the geriatrician more than once to complete the necessary tests.

How do I prepare for my visit?

It is important you **do not come alone** to this appointment.

- Ask a trusted social support to come with you
- This can be a relative, friend, or other companion *who knows you well* and is someone you would feel comfortable sitting with you for at least part of the visit

On the night before and day of the appointment, do what you normally would do when you want your brain and mental function to be at its best.

- Prepare for a good night of sleep
- You may have coffee or tea before the appointment if this is your usual routine
- You do NOT need to fast before the appointment
- Take your usual medications

Because you will only meet with the geriatrician a few times, it is important to **arrive on time** so you can have a full 60-minute visit.

- Please check-in at least 15 minutes before your appointment start time, as there will be paperwork to complete before the visit



What do I need to bring to the visit?

- **Bring ALL of your medication bottles with you to the appointment**
 - Do not leave anything behind at home, so bring all your inhalers, vitamins, topicals, and store-bought medications
 - Bring any medication organizers you use
- Bring ANY vision aids you use, such as glasses
- Bring ANY hearing aids you use
- Bring ANY walkers or mobility assistance devices you use