



## What is Geriatric Emergency Management (GEM)?

Geriatric Emergency Management, or GEM, is a program that provides specialty care to the elderly patient in the Emergency Department (ED).

GEM nurses assess frail, at-risk seniors and help connect them to appropriate resources in the community. They can assist in identifying:

- Falls and mobility
- Cognitive status
- Nutrition
- Elimination (bladder control or bowel movements)
- Mental health
- Safety
- Functional status
- Self-care.

GEM nurses are also able to support other staff with education and training.

### Can anyone see a GEM nurse?

To see a GEM nurse, you must:

- Have a referral from the ED staff
- Be 75 years or older, and
- Be living in your own home (including assisted living, supportive housing, or a retirement home).

## Why did I see a GEM nurse?

The ED staff may have asked the GEM nurse to see you if you have had:

- Any recent change in your health, memory, or your ability to manage day-to-day activities at home
- Any concerns about your physical safety and your overall well-being.
- Any concerns with your activities of daily living
- Recent visits to the Emergency Department.

## What can I expect during my meeting with the GEM nurse?

The GEM nurse will ask for your consent to do an assessment. If you agree, the nurse may also speak with your family/caregivers to help with the assessment.

During the assessment, the GEM nurse will ask about your physical and mental health, and your ability to manage at home.

We may also ask other team members to assist, including social workers, physiotherapists, or mental health nurses.

## What can I expect after the GEM nurse sees me?

The GEM nurse can help you create a plan to follow after you leave the Emergency Department. The plan may include:

- A letter to your family doctor or other health care professionals
- A referral to other senior services
- A referral to Community Care Access Centre (CCAC).

## Does Humber River Hospital have any other geriatric services?

To support our senior population, Humber River Hospital also has the following outpatient geriatric services:

- **Healthy Living Clinic:** This outpatient clinic assesses geriatric patients for a variety of concerns. You must be referred to this clinic to receive these services.
- **Geriatric Outreach Team (GOT):** The GOT assesses patients in their home and offer solutions to help maintain their health, independence, and quality of life.