



gilchrist

ELDER MEDICAL CARE

Counseling
& Support

Elder Medical
Care

Hospice
Care

Mission

To provide counseling, support and care to anyone with a serious illness, so they may live life to the fullest.

Vision

We are deeply committed to giving people the clear information and loving support they need to make informed choices about their care.

Our Services

Gilchrist cares for thousands of individuals and families annually throughout Central Maryland. We provide care at homes, in our inpatient centers, in residential care communities—which include long-term care and assisted living facilities—and throughout the community, with a focus on Counseling & Support, Elder Medical Care and Hospice Care. Gilchrist is committed to serving a diverse population. We provide cultural diversity training to staff and provide care tailored to cultural and religious preferences whenever possible.

Counseling
& Support

Elder Medical
Care

Hospice
Care





Gilchrist's Elder Medical Care program is for individuals with serious illness who need coordinated care and guidance.

Older individuals living with serious illnesses often find themselves in an unending cycle of health crises that lead from home to the hospital to rehabilitation and back home again. Gilchrist's team of physicians, nurse practitioners and social workers are experts in providing coordinated geriatric and comfort care, and guidance to improve quality of life. We help ensure that those who often "fall through the cracks" of the health care system—those who have difficulty traveling to office appointments and for whom treatment is becoming less effective—receive the care and attention they need when and where they need it.

I have so many specialists, but no one to oversee my care.

Who can help?

How Can Elder Medical Care Help You?

Gilchrist's team of experts in primary care provides comprehensive health assessments, health care management and coordination of care, with 24/7 phone access to the medical team.

In addition to medical care, we provide emotional, social and volunteer support, which can include respite breaks for caregivers, light meal preparation, assistance with errands and companionship. We can help you anticipate the concerns likely to arise as your illness progresses and offer guidance on advance care planning and navigating the health care system. We are here to offer you the resources and support you and your family need to maintain the best quality of life.

Who May Need Elder Medical Care?

Gilchrist's Elder Medical Care can provide specialized care coordination and management for older individuals living with progressive, advanced illnesses. You may benefit from Elder Medical Care if you:

- Have a serious illness for which treatment is becoming increasingly ineffective
- Have advanced cancer or multi-system failure
- Experience frequent, sudden health crises and difficult-to-manage symptoms
- Are either not yet eligible for or not yet emotionally ready to accept hospice care, or have been discharged from hospice care because your health has stabilized

"Feeling that you are not alone in the trenches makes such a difference. Gilchrist helped me figure out how to get care for Mom when she had a medical emergency."

Where is Elder Medical Care Provided?

We bring our care to you—whether you live at home or in a residential care center—to ensure you receive the medical attention you need when and where you need it. We also provide care in our offices.

- **Home Care** – If you have difficulty leaving home, we bring primary care and social work support to you. We also help connect you with community resources to meet your needs.
- **Consultations** – We provide a comprehensive health assessment, usually conducted over one to three visits in the office, sometimes in the home, and develop a plan of care tailored to your needs.
- **Residential Community Care** – Our physicians and nurse practitioners can provide medical care to complement the services you already receive at your independent or assisted living, long-term care or skilled nursing facility.
- **Rehabilitation** – For those recovering after a hospitalization, our Rehabilitation service at GBMC can help prepare you for return to home and help you achieve the most independence possible.



Home Care

You may benefit from Home Care services if you have a chronic or serious illness, have difficulty leaving home and increasingly need help with activities of daily living. Home Care brings primary care clinicians to your home or residence, providing medical care focused on symptom and medication management. In addition, social workers provide guidance on advance care planning and navigating the health care system, as well as emotional support and education on living with a serious illness. Trained volunteers are available to offer respite for caregivers and assistance with chores or errands. Our team will also help connect you with community resources to meet your needs.

What benefits can Home Care provide?

- Customized and coordinated care at your home from a certified registered nurse practitioner, with support from other disciplines
- Support for your goals of care
- Reduction in emergency department visits and subsequent hospitalizations
- Help making decisions through advance care planning, and education and guidance about the likely progression of your illness
- Reduction in stress for caregivers and their loved ones
- 24/7 on-call support during a health care crisis, and a visit within two working days for urgent needs
- Volunteer support focused on helping you remain in your home
- Education on living with a serious illness
- Help accessing available and needed community resources

Can I still receive Medicare home health services while under Elder Medical Care?

Yes. Elder Medical Care and Medicare home health services are billed separately. You can receive support from both services simultaneously.

Residential Community Care

Our Residential Community Care service can complement the services already provided at select independent or assisted living, long-term care or skilled nursing facilities. Our team of medical directors, attending physicians and nurse practitioners will provide medical care and coordinate with your current medical team, adjusting your plan of care as your needs change. We can also help you navigate the often complex health care system, ensuring that care is coordinated and that your medical history, health care needs and wishes for care are known and well communicated. Our medical teams are in more than 30 residential care centers, providing medical oversight, serving as medical directors and primary care providers, and coordinating palliative care services for residents.

What benefits can Residential Community Care provide?

- Help with making decisions through advance care planning
- Education and guidance about the likely progression of your illness
- Seamless transitions from one care setting to another, ensuring that your medical history and care preferences are communicated across those transitions
- Comprehensive and knowledgeable care from physicians and nurse practitioners



Consultations

Our Consultations service is best suited for those with multiple chronic illnesses, such as dementia, cardiac or pulmonary diseases, and those with advancing age who are beginning to need help with mobility, dressing, toileting and other activities of daily living.

Our geriatricians and nurse practitioners provide a comprehensive health assessment, usually conducted over one to three visits in the office, sometimes in the home, and develop a plan of care to best suit your needs. We help you better understand your illness and what to expect over the next three to five years as your needs change, resulting in greater knowledge, control and management of your health situation. We also connect you to the appropriate community physicians to ensure implementation of your care plan and seamless care.

Once the assessment is completed, you will be granted access to Gilchrist's 24/7 on-call support line, staffed by nurses. You may also call a Gilchrist geriatrician for follow-up. We provide annual follow-up office visits to update or refresh your plan of care.

Our team will work closely with your primary physician. If there is no primary physician and you are able to continue coming to an office for appointments, the geriatrician will refer you to a community patient-centered medical practice. If you are unable to travel to office appointments, Gilchrist can provide home-based primary medical care to assist with advanced illness management through our Home Care service. The geriatrician will also connect you to other community specialists as needed, such as a neurologist, cardiologist or lung specialist.

What benefits can Consultations provide?

- Comprehensive health assessments from geriatricians and nurse practitioners
- A plan of care tailored to your needs
- Education about your condition and what to expect as your needs change
- 24/7 on-call support
- Coordinated referrals to community physicians and specialists to help ensure seamless care
- Annual follow-up visits

Rehabilitation

After a hospital stay, you may need rehabilitation and assistance to prepare you for return to home and an independent lifestyle. Our Rehabilitation service is provided at GBMC in a separate rehabilitation suite with common spaces to spend time with visiting friends and family. The Rehabilitation team includes nurses, therapists (speech, physical, occupational and activity), dietitians, pharmacists, a social worker and support staff, as well as a medical and nursing director.

The team cares for individuals with diverse diagnoses and conditions, including:

- Recovery from joint replacement, fractures or amputations
- Cardiac or respiratory issues
- Rehabilitation from a stroke
- Wound care

What benefits can Rehabilitation provide?

- Help transitioning back to an independent lifestyle
- Rehabilitation in a comfortable setting, with a gracious dining room, an activities space and a large, flat screen television
- A team of specialists focused on furthering your recovery
- More frequent occupational and physical therapy sessions



The Elder Medical Care Team

The Elder Medical Care team is comprised of over 40 nurse practitioners, physicians and social workers who are able to serve as primary care providers for you or your loved one. Our geriatricians provide medical oversight leading to the coordination of treatment plans in multiple settings. Elder Medical Care team members may include the following:



Physician/Nurse Practitioner

Physicians and nurse practitioners provide primary or supportive care, including comprehensive health assessments, advance care planning assistance and guidance, medication and symptom management, and coordination with other in-home or residential care services.



Case Manager

The nursing case manager or social worker performs a comprehensive assessment of your needs, identifies goals of care, creates and coordinates an individualized plan of services, and follows up with you by phone.



Volunteers

Volunteers provide regular one-on-one companionship, reading, assistance with writing when appropriate, respite breaks for caregivers, errands and light housework, including food preparation. All volunteers are thoroughly screened and go through extensive training.

In addition to the team members above, your Gilchrist Elder Medical Care team may include therapists (speech, physical, occupational and activity), dietitians and pharmacists.

Paying for Care

Medicare, Medicaid and most insurers offer coverage for Elder Medical Care. Case management and volunteer care is provided at no cost to you. Those services are fully funded through community donations and support.

Uncertain about which services your loved one needs?

Our specially trained care navigators will listen to your needs and provide resources both within Gilchrist and in the community.

Call 1.888.823.8880

Gilchrist on Social Media

 facebook.com/gilchristcares

 thegilchristblog.com

 [@Gilchrist_News](https://twitter.com/Gilchrist_News)

 linkedin.com/companies/gilchristcares

Our care navigators can answer your questions
and direct you to services that can help.
Once receiving Gilchrist services, we are
available 24 hours a day, 7 days a week.

1.888.823.8880

For Hospice Care referrals, call 443.849.8300.



GILCHRIST
A NONPROFIT ORGANIZATION

11311 McCormick Road, Suite 350
Hunt Valley, Maryland 21031

gilchristcares.org

TTY Maryland Relay Service: 1.800.735.2258

*Gilchrist provides services without regard to race,
color, creed, sex, sexual orientation, disability,
religion, ability to pay or national origin.*