

## **Gilchrist Launches Office-based Geriatric Consultation Service**

February 1, 2018

*New service for seniors will be led by Dr. Anna Monias.*

Hunt Valley, Md. – Gilchrist, a nationally recognized, nonprofit leader in serious illness and end-of-life care, is pleased to announce the launch of an office-based consultation service to provide comprehensive health assessments and personalized plans of care for seniors, in coordination with primary care providers. This service is best suited for individuals with multiple chronic illnesses and those with advancing age who are beginning to need help with mobility, dressing and other activities of daily living. It is designed to assist older adults better manage their health care needs, promoting their independence and quality of life.

Anna T. Monias, MD, former Associate Medical Director at Oak Crest, a continuous care retirement community located in Parkville, Maryland, has been hired to lead this service. According to Dr. Monias, a board-certified internist and geriatrician, “The benefits of comprehensive and coordinated care for seniors have never been greater. With Americans getting older and living longer and the shortage in geriatricians continuing to grow, a service that provides a comprehensive health assessment and develops a plan of care tailored to the individual’s needs will help to ensure quality and seamless care.”

Also included in the geriatric consultation service will be patient and family education about what to expect over the next three to five years as their illness progresses and advance care planning conversations and assistance. This service will work directly with the individual’s primary care physician or connect them with appropriate community physicians to assist with implementation of the plan of care.

“Earlier engagement and education at the onset of serious illness can help people make better, more informed care choices while they are still able,” says Dr. Monias. “We offer easy access to providers who have expertise in caring for aging adult with multiple medical problems.”

Gilchrist’s geriatric consultation service is located at Broadmead Outpatient Clinic, 13801 York Road, Cockeysville, Maryland. The comprehensive health assessment is usually conducted over one to three visits, 1 ½ to 2 hours in duration each. Annual follow-up visits may be recommended. Medicare and most insurances are accepted. For more information or to schedule an appointment, please call the Gilchrist Care Navigation Center at 888-823-8880.

## **ABOUT GILCHRIST**

Gilchrist is a nationally recognized, nonprofit leader in serious illness and end-of-life care. With elder medical care, counseling and hospice, we help people at every stage of serious illness live life to the fullest and make informed choices about their care. Since 1994, the organization has served thousands of individuals throughout Central Maryland—in homes, in skilled nursing and residential care communities, and at our three inpatient hospice centers in Towson, Howard County and Baltimore. Gilchrist is accredited by CHAP (Community Health Accreditation Partner), and is a recipient of the prestigious Circle of Life award from the American Hospital Association. For more information about Gilchrist, visit [gilchristcares.org](http://gilchristcares.org).

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