

# What Is A Geriatric Doctor?

Geriatric doctors (geriatricians) are primary care providers that have additional medical training in caring for people as they age. Geriatricians can be:

- **Doctors or physicians**
- **Nurse practitioners**
- **Physician assistants**
- **Social workers (who treat mental/psychological ailments with individual or family counseling)**
- **Occupational therapists (who aid patients with improving their motor skills, strength, dexterity, and range of motion)**

## When Should You See A Geriatrician?

There is no specific age you should start seeing a geriatrician, although one might be beneficial if you:

- **Take multiple medications**
- **Experience declining mobility**
- **See signs of osteoporosis, Alzheimer's disease, dementia, or other age-related diseases**
- **Were recently hospitalized**
- **Have issues with urinary incontinence or loss of bladder control**
- **Experience sleeping problems**
- **Have balance-related issues that have caused or could cause falling**
- **Have trouble remembering things**
- **Experience weight loss or appetite issues**

Geriatricians can also help older adults who might be more at risk of developing conditions such as:

- **Heart disease**
- **Cancer**
- **Chronic bronchitis or emphysema**
- **Stroke**
- **Diabetes mellitus**
- **Alzheimer's disease**

If you're struggling with a geriatric condition, it may be in your best interest to start seeing a geriatrician who is specialized in treating and preventing these issues.

## Where Do Geriatric Doctors Practice?

Geriatric doctors often practice in both short-term and long-term care facilities, meaning you can find them in:

- **Private medical office buildings**
- **Patient's homes**
- **Nursing homes**
- **Hospitals and/or clinics**

## Is Your Geriatrician Covered by Insurance?

Medicare and other insurance plans often require you to select a primary care doctor, which can be a geriatrician. However, there might be extra costs for certain geriatric services like comprehensive geriatric assessments. To avoid excess fees be sure to:

- **Contact your insurance provider to ensure the doctor and services are in-network.**
- **Contact the geriatrician's office to make sure they accept your insurance.**
- **Ask your doctor about the cost of assessments or services before agreeing to them.**