

Understanding Comprehensive Geriatric Assessment (CGA)

What is CGA?

A CGA is a detailed review carried out by a team of health and care professionals. Instead of looking at just one problem, we look at the full picture: your physical health, your memory and thinking, your medications, your mood, and how you are managing at home and day to day. The aim is to understand what matters most to you and to make a plan that helps you stay as well and independent as possible.



What is frailty?

Frailty is a medical condition where the body has less reserve, making it harder to cope with and recover from illness. It becomes more common as we age, but can affect people of all ages. Health and care professionals use the term to help understand your health and make sure you can access the support you may need.



Benefits of CGA

- Improve overall health
- Improve quality of life
- Help you stay at home longer
- Help keep you steady on your feet, reduce the risk of falling over, help with severe confusion, and prevent emergency hospital care
- Ensure treatments and medications are right for you



Most importantly, CGA keeps your care centred around what matters to you.

Future wishes

- What matters most to you
- Wishes for future care
- Religion or beliefs, if important to you
- Lasting Power of Attorney

Any wishes you share can be recorded so everyone involved in your care is aware of them.



Social

- Support from family, partner or carers
- Local services and practical support
- Financial worries if relevant

We look at the support around you and whether extra help may be useful.



Environmental

- Home and support network

We ask how you are managing with washing, dressing, cooking, cleaning, hearing, eyesight, and anything that may help you stay independent.



Physical

- Physical health
- Medications
- Strength, movement and balance
- Eating and drinking
- Bladder and bowels

We look at your health, symptoms, medicines, mobility, appetite, and any bladder or bowel concerns.



Psychological

- Mood and memory

We ask how you are feeling in yourself, including whether you have felt worried, low, lonely, or noticed changes in your memory and thinking.



Functional

- Everyday tasks and independence

We ask how you are managing with washing, dressing, cooking, cleaning, hearing, eyesight, and anything that may help you stay independent.



What to expect from CGA

Your assessment may involve doctors, nurses, physiotherapists, occupational therapists, pharmacists and social care staff.

CGA may take place: At your GP practice or a local clinic

In hospital
A&E, ward or clinic

At home
including care or nursing homes

It is especially helpful after a fall, after a hospital stay, or when there are changes in health or independence.

Scan the QR code to download our patient information leaflet

