Information for patients and families

Read this booklet to learn:

• Why you are coming to the Clinic
• How we can help
• What to expect at Clinic appointments
• Who to call if you have any questions

Good health is a team effort
Why am I coming to the Geriatric Nephrology Clinic?

Your Nephrologist (kidney doctor) has asked our team to see you to answer some important questions. These questions may be:

- How can you best manage your kidney health to allow you to go about your normal life as easily as possible?
- Which of the different kidney treatments is the best choice for you and your family?
- Are there services that can help you and your family?

What to expect at Clinic appointments

- You may stay for as long as 3 hours for your first Clinic visit!
- The doctor specializing in kidney care for older people, and one or two other team members will always visit with you. We want to know about you and your concerns. We will talk with you about how your kidney disease affects your life.
- We may check your strength and do other tests to better understand how your day-to-day life is going.

What to bring

☑ All of your medications, including vitamins and herbal remedies.
☑ Bring food or something to drink, if you think this will help.
☑ We encourage you to bring family or friends to support you or help you remember important information.

If you would like to use a language other than English, we can arrange for an Interpreter at no cost to you. Please let us know in advance if you need an Interpreter, and which language you prefer.
What we do

Our goal is to tailor your kidney care to fit you and your lifestyle.

- We care about you and your medical problems.
- We will respectfully listen to all of your concerns.
- We will use our skills to help you manage as well as you can with your advanced kidney disease.

Who is on my Geriatric Nephrology team?

You and your family members are the most important members of our team! We work together to help keep you as healthy as possible.

Let your health care team know how you are doing.

My team includes a:

Nephrologist (kidney doctor): ______________________________
✓ Is in charge of your medical treatment, tests and medications.

Nurse Practitioner: ______________________________
✓ Keeps track of your health, coordinates your care and helps you learn more about your kidney disease.

Social Worker: ______________________________
✓ Helps you cope with your disease, gives emotional support and helps you find resources that you need.

Occupational Therapist: ______________________________
✓ Watches your physical and cognitive health, and recommend supports to manage your daily routines.
Clinic Secretary:______________________________________________
✓ Helps book your clinic visits and arranges tests and referrals to other doctors.

How do I get to Clinic?

University Health Network – Toronto General Hospital
585 University Avenue
Norman Urquhart Building – 12th floor
Toronto, Ontario M5G 2C4
Phone: 416-340-4800, extension 6389

• If you enter at the University Avenue entrance, take the Munk elevators.
• If you enter from the Elizabeth Street entrance, take the Eaton elevators.

Parking
Visitor parking is on Elizabeth Street between College Street and Gerrard Street. Please ask the attendant for the rates when you arrive.

TTC
Take the University-Spadina subway line to Queen’s Park subway station. The hospital is south of College Street at 585 University Avenue.

Who do I call if I have any questions before I come to the Clinic or I need to cancel my appointment?

Our Social Worker: 416-340-4800, extension 3618