

# Veterans Memory & Mental Health Care

**Dr. Kathleen Singh, MD, FRCPC, Geriatric Psychiatry**

*Registered Provider with Medavie Blue Cross and Veterans Affairs Canada (VAC)*

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**Now accepting new patients for cognitive assessments and psychiatric care for older adults in Nova Scotia**

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## Eligibility Criteria

- Community dwelling members of VAC (and family members) who are 55+ with new memory, cognitive, or psychiatric concern
- Patients can reside in Assisted Living but not in Nursing Homes/Long Term Care

## Services Provided

- Comprehensive cognitive assessments
- Assessment and management of psychiatric illness including:
  - Mood disorders
  - Anxiety disorders
  - Substance disorders
  - Psychotic disorders
  - Trauma related disorders
- Direct billing to Medavie Blue Cross for eligible services
  - **Need help determining eligibility?** We help at no cost

## Location

- Initial assessments conducted in Bedford, Nova Scotia
- Follow-up care can be done virtually if requested and appropriate

## Availability

- As of March 2025, average wait times are less than 1 month

## Contact Information

- Please send referrals to our confidential email: **Kathleen.singh@hushmail.com**
  - Or call the office at **902-403-8327** with any questions
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## About Dr. Kathleen Singh

As a geriatric psychiatrist, I have specialized training in assessing and treating psychiatric illnesses and cognitive disorders in older adults, including dementia. Having grown up, trained, and worked in the Maritimes, I understand the local health systems and the practical realities of accessing support in Nova Scotia. I strive for relationships with patients and their families that are collaborative and centered on their needs, values, and goals.