

COST

These health assessment appointments with both the nurse and doctor are bulk billed with no out of pocket cost to you.

BENEFITS

Should any health concerns arise, referrals can be made to manage and improve your health. It also sets a baseline for health that can be checked against yearly. Referrals may include:

My Aged Care Team

To allow for in home supports such as; cleaning, transport assistance, cooking, help with activities of daily living and respite and home modifications (eg. hand rails, shower chairs, ramps).

Allied health

Physiotherapy, Continence nurse, Occupational Therapist, Podiatry, Speech Pathologist

WHAT IS IT FOR?

A health assessment for a 75 year old and older patient involves an in depth assessment to identify potentially preventable health concerns with the view to providing interventions to improve health and overall quality of life. It involves a one hour consultation with a practice nurse followed up by a short review with your doctor. It also provides a good baseline of your health as you age. These consultations can be performed yearly.

WHAT DOES IT INVOLVE?

A health assessment encompasses three key areas:

- Physical health
- Psychological health
- Social health

These areas are assessed by:

- Taking a full patient history
- Physical examination
- Discussing investigations, including blood tests
- Discussing medications
- Assessing continence
- Considering immunisation status
- Determining physical function
- Considering risk of falls
- Assessing psychological function
- Assessing social function
- Discussing nutrition

Physical examinations can include:

- Cardiac assessment – blood pressure, pulse and rhythm
- Height, weight and BMI
- Eye and hearing test
- Foot check

