

HEALTH ASSESSMENTS – Over age of 75 years

This pamphlet explains clearly how your Health Assessments benefits you and your practitioner

Health Assessment

If you are aged 75 years and older and live at home, you are eligible for a bulk-bill annual health check assessment.

In other words, this health check is provided at no cost.

Annual health assessment will identify ways that you can improve your health and well-being. For instance, it will help you by advising you on how you can maintain your independence at home and in your community.

Importantly, the purpose of this health assessment is to help identify any risk factors that may require further health management. In addition to assessing a person's health status, a health assessment is used to identify a broad range of factors that influence a person's physical, psychological and social functioning.

Our friendly and professional nurse will undertake a comprehensive and confidential health check.

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Components of the Health Assessment

The annual health assessment involves:

- ✚ Information collection, including taking a patient history and undertaking or arranging examinations and investigations as required;
- ✚ Making an overall assessment of the patient
- ✚ Recommending appropriate interventions
- ✚ Providing advice and information to the patient
- ✚ Keeping a record of the health assessment, and offering the patient a written report about the health assessment, with any recommendations about matters covered by the health assessment
- ✚ Offering the patient's carer (if any, and if the GP considers it appropriate and the patient agrees) a copy of the report or extracts of the report are relevant to the carer.
- ✚

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The components of the health assessment:

- ✚ Medication
- ✚ Continence
- ✚ Immunisation status for influenza, tetanus and pneumococcus
- ✚ Physical function, including the patient's activities of daily living, and whether or not the patient has had a fall in the last three months
- ✚ Psychological function, including the patient's cognition and mood
- ✚ Social function, including the availability and adequacy of paid and unpaid help, and whether the patient is responsible for caring for another person

Furthermore, the assessment also includes

- ✚ Measurement of the patient's blood pressure, pulse rate and rhythm
- In addition, the nurse undertaking the health assessment may also consider
- ✚ Any need the patient may have for community services
 - ✚ Social isolation of the patient
 - ✚ The patient's oral health and dentition
 - ✚ Patient nutrition status

Health Assessments

Above all, our nurse will work closely with your General Practitioner. Therefore, our nurse will co-ordinate any necessary follow up consultations or supports to help you manage your health in the future. This health assessment is provided at no cost. In conclusion, if you are aged 75 years or older, you can contact us 02 4334 3222 And book your Health assessment in with our Health assessment nurses.

YOUR ANNUAL HEALTH ASSESSMENT APPOINTMENT

Appointment with the Nurse:

On _____

Time _____

Appointment with the doctor:

Dr _____

Our Website

If you have questions or a complaint about the privacy of your personal information, please ask to speak to the privacy contact officer at the practice.

Further information on privacy legislation is available from:

Office of the Australian Information Commissioner
1300 363 992
www.oaic.gov.au

Health and Disability Services Complaints Office
Western Australia – 1800 813 583
www.hadsco.wa.gov.au/home/index.cfm

Information and Privacy Commission
New South Wales – 1800 472 679
www.ipc.nsw.gov.au/privacy/ipc_index.html

Practice contact details –
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Bay Village Medical Centre Health Assessments over 75

