

How much will it cost?

This annual health assessment has been developed by the Department of Health and Ageing and is provided to you by your doctor, or under the direction of your doctor.

A Medicare rebate is payable, or your doctor may bulk bill this service.

How often can the Health Assessment be done ?

Because our health needs can change from year to year as we age, the health assessment can be provided once only within any twelve month period and should generally be performed by your regular doctor.

If you have any questions regarding the 75 years and over Annual Health Assessment please talk to your regular doctor.

Practice details:

Information in this brochure was obtained from the Department of Health & Ageing and Medicare Australia.

www.health.gov.au

www.medicareaustralia.gov.au



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75 years

and over

Annual

Health

Assessment

Patient Information Sheet

Who is eligible?

If you are aged 75 years and older, and living in the community, you are eligible for this health assessment. This age represents the time at which you are most likely to experience the greatest levels of disability and ill health.

What is a health assessment?

The health assessment is a structured way of identifying health issues and conditions that are potentially preventable and/or treatable in order to improve your health and quality of life. The health assessment will assist your doctor to identify a range of factors that may require further health management.

Where can it be performed?

The health assessment can be performed in your home or at the practice. The practice nurse is often the person who will assist your doctor in conducting the health assessment. Your doctor may also engage the services of an alternative nurse/provider to conduct the assessment in your home.

If you are living in a residential aged care facility, you are not eligible for this particular health assessment

What is involved in the health assessment?

- ◆ *Taking your blood pressure, pulse rate and rhythm.*
- ◆ *Medication review including medications prescribed but not taken, over the counter medications and prescriptions from other doctors.*
- ◆ *Immunisation history, including flu, tetanus and pneumonia vaccines.*
- ◆ *Continence problems which can reduce your quality of life at this age.*

What is involved in the physical assessment?

Assessment of your daily activities and your environment. The assessment will consist of your ability to transfer between the bed, chair and toilet, your ability to dress, bathe, prepare food and eat. Other discussions could include use of the telephone, shopping, house cleaning, banking, reading, watching television and listening to the radio. It is also important to assess if you have had any falls in the last three months as a recent fall is a strong predictor of a future fall related injury.



What is involved in the psychological assessment?

Unrecognised psychological problems are common in this age group and a detailed diagnosis can often improve quality of life. Assessments will also include enquires about depression or memory loss.

What is involved in the social assessment?

Information will be gathered as to the availability and adequacy of paid and unpaid help when needed and warranted by you. Social networks tend to become smaller as we age and therefore the role of formal services may need to increase accordingly. If you are caring for another person, your assessment should include an evaluation of the effect this role has on your health and functioning. As a result, information should be made available to you about local carer support services, including regular respite. If you have a carer, it may be helpful to have your carer present to give information on your medication usage and your physical, psychological and social functioning.

Other matters relevant to you may also be covered in this assessment. These could include hearing, vision, oral health, diet and nutritional status, smoking, foot care, sleep, need for community services, ability to drive, home safety, cardiovascular risk factors and alcohol use.