

75+ Health Assessment

Once you turn 75, our doctors and nurses can offer you a free (**bulk billed!**) yearly health check to help you stay healthy, independent, and active.

This check helps us pick up any early signs of health problems and make sure you are getting the right support to live well at home and in the community.

What happens during the assessment?

1. We talk about overall health:

- We'll discuss general wellbeing, medical history, and any new symptoms or concerns.
- We'll ask about medications, to make sure they're all still needed and working well together. We may arrange for a specially trained pharmacist to talk to you and do a **Home Medicine Review**.

2. We look at day-to-day activities:

- How you are managing with daily tasks like cooking, cleaning, dressing, and shopping.
- Whether you have had any falls or balance issues.
- If you are getting enough social support or feeling lonely.

3. We check physical health:

- Blood pressure, weight, and general fitness.
- Vision and hearing.
- Memory or mood checks, to see if there are changes that need attention.

4. We make a plan together:

- We'll talk about ways to stay active and independent, prevent falls, and manage any ongoing conditions.
- If needed, we can refer to services like physiotherapy, podiatry, occupational therapy, or home support programs. (GPCCMP, My Aged Care etc)
- Discussion about **Advanced Care Directives** and appointing a medical decision maker (previously known as power of attorney).

Why it's important – selling points

The 75+ Health Assessment helps you: Stay independent for as long as possible. Prevent small problems from becoming big ones. Keep connected with health and community supports.