

## How much will it cost?

The Commonwealth Government has developed an annual Health Assessment for those people aged 75 years and over. This initiative is covered by Medicare Australia.

## How often can a health assessment be done?

The 75 years and over health assessment is an annual assessment. This is because people's health and needs change from year to year as they age. So even if you don't think you need to have it done each year, it is still a good idea to follow your Doctor's advice to have an annual health assessment once you have turned 75 years of age.

Your Doctor will give you a written report of the Health Assessment, and any outcomes will be discussed with you through a follow up visit. This encourages you to be involved in any preventative measures recommended by your GP.

A record of your Health Assessment will be kept at the clinic in your file.

If you have any further queries regarding the 75 Years and over Annual Health Assessment please discuss it with your GP.

Practice details:

Information has been obtained from

Medicare Benefits Schedule

and

Department of Health and Ageing Website

[www.health.gov.au](http://www.health.gov.au)



# 75 years and Over Annual Health Assessment

*Patient Information Sheet*



## Who is eligible?

People aged 75 years and over, or 55 years and over for Aboriginal and Torres Strait Islanders who are living in the community are eligible to a health assessment. This age represents the time at which people are most likely to experience the greatest levels of disability and ill health.

## Where can it be performed?

A health assessment is usually performed in the patient's home. A family carer or friend can attend if you wish. The Practice Nurse is often the person who will be coming to your home to assist the GP in conducting the assessment. Then a follow up appointment with your usual GP in the clinic will need to take place to complete the assessment.

## What is a health assessment?

It's a way to inform your GP of risks and hazards in elderly patients which may require further health management. In addition to assessing a person's health status, a health assessment is also used to identify a range of factors that influence a person's physical function, psychological function and social function.

## What is involved in the Medical?

A list of your medications will be documented. This includes all tablets, puffers, drops, creams and vitamins you take. You will also need to tell the nurse how frequently you are prescribed to take the medications and how frequently you actually take them.

Your blood pressure and pulse will tell the Doctor if there are any irregularities which the Doctor needs to follow up on.

Continence problems are often under reported and a major cause of reduced quality of life in this age group. A follow up appointment may be required to arrange either pathology tests and arrange management of this condition.

## What is involved in the physical function?

Assessment of daily living is concerned with the patient and their environment. The patient's ability to transfer between the bed, chair and toilet. Also their ability to dress, bathe, prepare food and eat should be assessed. Other inclusions are use of the telephone, shopping, banking, reading books, watching the television or listening to the radio and looking after the house cleaning.

It is also important to assess if there have been any falls in the last three months. A recent fall is a strong predictor of a future fall related injury.

## What is involved in the psychological function?

Unrecognised dementia is common in this age group. Detailed diagnosis can often improve quality of life.

Assessment should also include enquires about depression, and the use of a formal depression scale may be used.

## What is involved in the social function?

Information will be gathered as to what is the availability and the adequacy of paid and unpaid help when needed and wanted by the patient. People's social networks tend to become smaller as they 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 to you on local carer support services, including regular and respite services.

If the you have a carer, then with your permission, it may be useful to have your carer present to give information on your medication usage and compliance, continence and physical, psychological and social functions.

Other matters relevant to the patient may also be covered in the assessment. These include fitness to drive, hearing, vision, oral health, diet and nutritional status, smoking, foot care, sleep, need for community services, home safety, cardiovascular risk factors including blood pressure and alcohol use.