



HEALTH AT DULWICH

Senior Health Assessment

**For People Aged
75 Years And Over**

Telephone: (08) 7221 2588

12 Stuart Road, Dulwich

www.healthatdulwich.com.au

Improving your wellness and lifestyle through a Health Assessment

Senior Health Assessment

Free yearly Senior Health Assessments are available for people who are 75 years or older, or a DVA Card Holder living at home.

Your doctor and/or practice nurse will discuss this with you and see if you are willing to participate.

These assessments are conducted at our practice or your home by our practice nurse.

What does the Assessment include?

Your GP or nurse will assess the following:

- Blood pressure, pulse and rhythm
- Weight and blood sugar level
- Foot check
- Urine check and continence assessment
- Alcohol intake safety
- Smoking status
- Medication use problems
- Sleep
- Immunisation status eg. Flu vaccine
- Physical function eg. Walking
- Falls risk screen test
- Mood and memory test
- A home safety check or to identify the need for one to be conducted

How is this Assessment organised?

Our practice nurse will conduct this health assessment and will contact you to make an appointment.

If you have a carer and would like this person to be present, that will be welcomed. The assessment will take about 1 hour to complete.

On arrival, the nurse will explain to you the components of the assessment and obtain written consent before proceeding.

On completion of the assessment with the nurse, you will see your doctor at our practice via an appointment, who will discuss the assessment with you.

The health assessment consultations are bulk billed and therefore at no additional cost to you.



What are the benefits?

- Thorough assessment of health and wellbeing issues by a qualified nurse and your GP.
- Referral and access to local community an home help support that you may feel would improve your living.
- Review of your medication.
- Effective prevention of falls by identifying risk factors and intervening with effective strategies.
- Help to modify any identified structural or other risk factors.

Ask your Doctor or Practice Nurse at Health at Dulwich about preparing a Health Assessment and the services that could help to improve your health.

To make an appointment with your GP or talk to our Practice Nurse please contact us on 7221 2588.

Monday – 9:00am to 6:00pm

Tuesday & Wednesday – 9:00am to 5:00pm

Thursday – 9:00am to 7:30pm

Friday – 9:00am to 5:00pm

Saturday – 9:00am to 12:00pm

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