

Who can have a health assessment?

All people aged 75 years and over or all Aboriginal and Torres Strait Islander people over 55 years, who live in the community

What are Health Assessments?

An opportunity for your GP to assess all aspects of your health.

Why is the doctor suggesting a health assessment for you?

Your doctor is offering you a health assessment to assist you to maintain good health. The assessment allows your doctor to look at all aspects of your health and also provides you with the opportunity to raise any concerns that you may have about your health ie. hearing difficulties or sleeping problems.

What happens during a health assessment?

Your doctor or a nurse working under your doctor's guidance will check the following areas:

- ★ Your recent health;
- ★ Other services or health workers you may see;
- ★ Difficulties with mood, memory or sleep;
- ★ Nutrition; exercise; smoking; alcohol;
- ★ Living arrangements and home safety;
- ★ Social support;
- ★ Mobility;
- ★ Medications you take;
- ★ Immunisations;
- ★ A thorough physical examination.



Does having a health assessment mean there is something wrong with me?

No. A health assessment will assist your doctor to provide advice and assistance to prevent ill health in the future.

A health assessment is undertaken to assist you to remain in your present home.

Who conducts the health assessment?

A health assessment may be conducted entirely by your doctor, or it may be conducted by both your doctor and a practice nurse.

If you would like a carer, family member or someone else present, please tell your doctor beforehand.

Where and when is the health assessment conducted?

A health assessment will be conducted either:

- ★ Totally in the doctors Rooms;
- ★ Partly in the doctors rooms and partly in your home;
- ★ Totally in your home.

A home visit helps you doctor or nurse get a complete picture of the situation.

How long will it take?

A health assessment will usually take between 45 and 90 minutes.

If part of the health assessment is done in your home and part in the doctor's rooms, this will be spread over the two visits.

Are there any costs?

Medicare pays a rebate for health assessments. Ask your doctor about any fees involved.

How will I find out the results?

Your doctor will discuss the results with you and will give you a written summary of the assessment.

If you have any further questions about health assessments please ask your doctor or practice nurse

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Your Guide to



Health Assessments

