

How is the health assessment organised?

One of our primary health care nurses, Kathryn, will contact you by phone to arrange a time to visit. The assessment can be done in the clinic if you prefer.

The nurse will perform an assessment and pass on the details to your usual GP.

You will then see your usual GP for a follow up visit to finish the assessment.

This is an annual health assessment.



adelaide health care

Any questions?

Please contact us!

**43 Carrington Street
Adelaide, 5000
Phone: 08 8410 0774**

Home Health Assessments: 75 years and over

Patient information sheet



Overview of the Over 75 Home Health Assessment

Commonwealth Government initiative to support the health of people 75 years and older.

Bulk billed health assessment – no cost to you.

Annual home-based assessment of your physical, psychological, and social health.

The assessment is undertaken by a registered nurse and followed up by your usual GP.

The aim is to promote independence, health and safety well into older age.



What is involved?

The primary health care nurse from Adelaide Health Care will visit you at home when it is convenient for you.

You can invite support people to be with you at your assessment if you wish.

The nurse will:

- Assess blood pressure, heart rate, weight
- Assess blood sugar and foot health
- Assess home safety, including preventing falls
- Assess immunisation status
- Assess sleep quality
- Assess cognition and memory
- Discuss access to community support, such as cleaning and gardening
- Medication check
- Initiate or update your chronic health management plan, including organising referrals to allied health support such as physiotherapy or podiatry



How will I benefit from this?

No cost to you.

Promotes your independence.

Opportunity for an in-depth discussion about your health with your usual GP involved.

Helps you avoid health complications which could lead to hospitalisation.

Assist with access to subsidised home help services such as cleaning, gardening, meals on wheels, personal care.

If you have any questions speak to one of our primary health care nurses.

