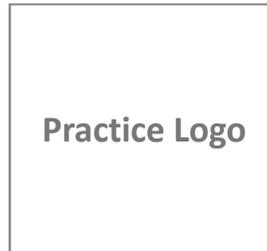


What are the benefits?

- Thorough assessment of health and home issues by a qualified nurse and your GP
- Referral and access to health providers that you would like to include, to improve your health
- Referral and access to local community and home help supports that you may feel would improve your living
- Review of medication list
- Assessment of potential risk factors at home e.g. difficult steps
- Help to modify any identified structural or other risk factors



Practice Name

OPEN 7 DAYS

**Phone:
All Hours**

Practice address

Senior Health Assessment

For people aged 75 years and over



Ask your GP or Practice Nurse about this today

Improving your health and lifestyle through an assessment

Senior Health Assessment

Free yearly Senior Health Assessments are available for people who are 75 years or older and living at home.

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

It is preferable that these assessments are conducted in the home by our qualified nurse, in order to identify any potential risks to your safety, so that if you agree, some changes may be organised, e.g. handrails.

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
- Smoking status
- Sleep
- Immunisation status e.g. Flu vaccine
- Physical function e.g. walking
- Falls risk screen test
- Mood and memory test
- Home safety check

How is this assessment organised?

The qualified nurse who will be conducting the home health assessment will contact you to make an appointment to visit you.

If you have a carer and would like this person to be present, that would be welcomed.

The assessment will take about 1 hour to complete.

On arrival to you home, the nurse will explain the components of the assessment and obtain a written consent to proceed.

On completion of the assessment the nurse will organise an appointment with your GP, who will discuss the assessment with you.