

What is a Health Assessment?

A health assessment is an in-depth look at all areas of your health and includes asking you questions about your general health, past illness, medications, mobility and social support. A Practice Nurse will complete a comprehensive health check which will include; Blood Pressure & Pulse, Height & Weight, Blood Sugar Level, Urine Test, Listen to your Heart & Lungs, and more! It is a service aimed at enhancing your health and may benefit you in many ways:

- Provides your GP with detailed information about your health
- Gives you the opportunity to discuss any concerns you may have about your health
- Provides you with information on ways to improve your health and plan for the future
- Involves other health care providers in your care if needed. E.g.: Podiatry, Physiotherapy, Meals on Wheels, Home Care.

Am I too healthy for a Health Assessment?

If you consider yourself to be in good health, it is a good idea to have a health check every year or so.

Regular assessments give us the opportunity to identify any early signs of illness or deterioration and keep you in good health.

Who is eligible for a Health Assessment?

For patients 75 years and over or Aboriginal and Torres Strait Islander patients 55 years and over, it is a free service and is offered on an annual basis.

How is a Health Assessment Conducted?

We conduct the health assessments here at Denmark Medical Centre with our practice nurse. In some cases our practice nurse can conduct the assessment at your home. Please advise our reception staff when booking your appointment if this would better suit your needs.

You will have a follow up appointment with your GP, who will discuss the health assessment with you and suggest recommendations for your care if required.

How do I get a Health Assessment?

You may be offered a health assessment by your doctor, or the Practice Nurse. This may be in person by letter or by telephone.

You may request a health assessment at anytime by speaking to a staff member at Denmark Medical Centre.

It is your decision as to whether or not you wish to take advantage of this service.

How do I Prepare for my Health Assessment?

If able, you will need a fresh urine sample in a clean jar on the day, taken about 1 hour prior to your scheduled appointment. This can also be done during your assessment. Please wear slip on shoes so the nurse can easily check your feet for circulation. Make sure you have all your prescribed and over the counter medications that you currently take ready for the nurse to check.

How much will it Cost?

The Commonwealth Government has developed an annual Health Assessment for those people aged 75 years + and 55 years + for Indigenous Australians.

This initiative is covered by Medicare Australia & therefore Denmark Medical Centre does not charge for this service.

Information Obtained from:

**Medicare Benefits Schedule
&
Department of Health Ageing Website
www.health.gov.au**

HOME MEDICATION REVIEW

Who needs One?

Can you answer “YES” to any of these questions?

- Do you take more than 5 medicines a day?
- Are you confused or worried about your medicines?
- Do you sometimes forget to take your medicines?
- Do you see more than 1 GP or specialist?
- Have you recently spent time in hospital?

If so, it might be a good idea to ask your GP or Nurse about a Home Medication Review

Services & Resources Available

Household help, home modification & maintenance, person, nursing & respite care, transport, meal services, disability services, daycare & therapy centres, dementia services, continence assistance, support for carers, and allied health care
Silver Chain — www.silverchain.org.au
Ph: 1300 650 803

Domestic assistance, support independence, occupational therapy, physiotherapy, podiatry care, personal care, respite veterans home care, palliative care, social support, wound clinic, continence management, carelink personal alarms.
Home And Community Care Ph: 1300 785 415

Initial assessments, day centre care, client care coordination, overnight respite care Monday - Friday, social support, carer support groups and education, programs for younger onset dementia and Aboriginal clients.

Alzheimer's Australia WA – Hawthorne House Albany — Ph: 9841 3755

National Dementia Hotline – 1800 100 500

Home assessments, personal care, domestic and home maintenance, phone counselling, medical equipment, financial support and advise.

Department of Veterans' Affairs – 1800 555 254

**Denmark
Medical
Centre**



**FREE 75 YR +
HEALTH ASSESSMENT
&
FREE 55YR +
INDIGENOUS HEALTH
ASSESSMENT**

CONTACT DETAILS

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Patient Information

**Be proactive & take part in
maintaining your health with
Denmark Medical Centre**