

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

Commonwealth Respite & Carelink Centre's
Ph: 1800 052 222

Household help, home modification & maintenance, person, nursing & respite care, transport, meal services, disability services, daycare & therapy centre's, ACAT, dementia services, continence assistance, support for carers, aged care homes, allied health care, support groups, mental health carers respite & mental health programs.

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 Denmark
Ph: 9848 0612

Assessment, Day care, client care coordination, domestic assistance, home maintenance, personal care, respite care, social support, transport.

Alzheimer's Australia WA — GS Ph: 9841 3755

Assessment, Day care, client coordination, counseling /support information and advocacy (carer), respite care, social support, transport.

National Relay Services-
www.relayservices.com.au Ph: 1800 555 660

24 hr phone service for deaf, hearing or speech impairment.

(DMC takes no responsibility for info supplied by 3rd parties)

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**

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
- 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.

Mostly we encourage the health assessments to be conducted at your home, however in certain circumstances your assessment can be conducted at Denmark Medical Centre.

Please discuss this with our Practice Nurse.

How is a Health Assessment Conducted?

The initial assessment is conducted by the Practice Nurse, usually in your home and takes approximately an hour to complete.

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?

You will need a fresh urine sample in a clean jar on the day, taken about 1 hour prior to your scheduled appointment.

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