

PATIENT INFORMATION SHEET

Frailty Care in the Community Program

The Gold Coast Primary Health Network is an independent, locally run, not for profit health organization funded by the Department of Health. Our aim is to improve the health and wellbeing of the Gold Coast community by coordinating and integrating health and community services, and by identifying local needs and creating local strategies to respond to them.

Caring for the elderly and looking out for those who are frail is one of these areas of need identified, and the Frailty Care in the Community program is here to look after those who are vulnerable and need of help to age in a healthy and safe way.

Being frail means that you may not bounce back as quickly after a physical or mental illness, accident or other stressful event. It leads to multiple systems in your body to gradually lose their in-built reserves. When this happens you need a plan of care that is specifically made for you to get that bounce back and to avoid a crisis.

The Frailty Care in the Community program will provide a six session exercise program, as well as individual assessment to ensure you have a plan that will build that reserve back up. Depending on the your risk the program will provide 4 to 6 months of support and care navigation. We have a specialised network of healthcare professionals specialised in healthy ageing, and you will be closely supported to ensure that a plan that is just right for you!

The ***Frailty Care in the Community*** program:

- We are onboard to assist you for 4 to 6 months
- Access to a phone or email HOTLINE
- Fully subsidised expert facilitated group sessions to build your strength back, support you with diet with nutritional advice, check your medicines to ensure they remain effective and keep you safe and support your mental health by reducing isolation and loneliness.
- We will also work closely with your GP and yourself to build a plan to help you get your bounce back!
- The program starts with a One-on-One service assessment appointment in our Varsity Lakes program office, so we can fully understand your need. We can come to do a home visit to assess you if initially you can't come to us.
- You will also have access to some supplementary allied health services from our team of healthcare professionals specialising in healthy ageing. This will be planned with you at your appointments with us.



Frailty in the Community
Program Office
Corporate
House155 Varsity
Parade

We are delighted that we are able to offer this program on the Gold Coast and support healthy ageing.

If you have any queries, please call the Program Co-ordinator, Joyce McSwan on 0412 327 795 or email: frailtyprogram@painwise.com.au - Call for your appointment TODAY!!

*Know that you are the perfect age. Each year is special and precious,
for you shall only live it once.
Louise Hay*